

# TE ARA PAE ORA



Supporting you and your whānau to create a pathway to a healthy future

Te Ara Pae Ora is a free hauora health and wellness app for you, your whānau and your support network.



Find hauora support,  
Share your kōrero  
and **Connect** with  
services to help  
support your hauora.

Find  
out  
more!



[www.tearapaeora.nz](http://www.tearapaeora.nz)

Developed by Tū Ora Compass Health

