

Easy Read  
information



# What is a Hauora plan?

# What is Hauora?

Hauora is a Māori word that means how healthy you are feeling in your:



- body



- mind

- spirit



- relationships with other people



- places that you go.

# What is a Hauora plan?

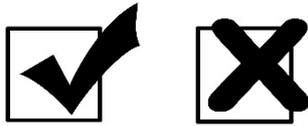


A Hauora plan is a way to tell other people:

- about your health
- how you are feeling
- about any goals you have
- what help you need in everyday life



You do not have to put everything about your health in your Hauora plan.



You can choose what to put in it.



It can be good to take your Hauora plan with you when you have a health appointment.



You can also take your plan home.



You do not have to show your Hauora plan to other people.



You can choose who you want to show it to.

# Where can I get a Hauora plan?



You can get a Hauora plan from your medical centre.



You can get a plan from your:

- doctor
- nurse
- health improvement practitioner.



A health improvement practitioner is a person who can help you feel more happy and healthy.



These people can help you fill out your Hauora plan.