

Health Coach – Noko

Kia Ora koutou
Ko Noko tōku ingoa
Hello everyone, my name is Noko
I am your Health Coach at Tahunanui Medical Centre.



We can work together to inspire the confidence within you and identify areas of change to support your health and wellbeing journey.

What can a Health Coach help with?

- Exercise and Physical activity
- Healthy lifestyle support
- Nutritional support (Supermarket tours, label education, healthier options)
- Building a toolkit to self-manage
- Emotional wellbeing (Stress, Anxiety)
- Connection to community services (Financial, Housing, Employment services, WINZ)
- Understanding of long-term health conditions – Diabetes, Gout, Cholesterol and High Blood Pressure
- Connection with community social and physical groups that support your wellbeing
- Goal setting and action plans
- Supporting you in making your changes to your overall health and wellbeing

Health coaches are a part of the wider health care team. We can work with people over 18, not only in practice, but also out in the community.

You can find me at Tahunanui Medical Centre Wednesday - Friday
Just ask your GP about meeting the Health Coach or have a kōrero with us at reception.

TE TUMU WAIORA

To head towards wellness

FREE service