

Finding the Right Support for You

1-TO-1 SESSIONS

Because 1-to-1 support is limited, we encourage most people to start with group sessions — but 1-to-1 may be best if you:

- Need a translator or interpreter
- Are deaf or hard of hearing
- Experience severe anxiety in group settings
- Live with an intellectual disability

GROUP SUPPORT

Our free group sessions are a great starting point for most people. Here's why:

- Sign up yourself – no referral needed
- Online and in-person session
- Day and evening options
- Almost immediate start

Join Now!

Scan the QR code to sign up for a free group session today.



About Us

WBOP PHO plans, funds and delivers a wide range of services to help you and your whānau stay well, working alongside local practices, iwi and community providers. Dietitian services are one of these, funded for patients enrolled with affiliated general practices.

Contact

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Western Bay of Plenty
Primary Health Organisation

TŪNGIA TE URURUA KIA TUPU
WHAKARITORITO TE TUPU
O TE HARAKEKE



Free Dietitian Services

Helping people eat well to manage diabetes, heart problems and obesity



PERSONALISED HELP

Support That Fits Your Needs

Our FREE Dietitian Service offers personal support for your health and nutrition journey. You'll meet with a registered dietitian to talk about your needs and set clear goals. We'll work together on a plan that suits your lifestyle, with regular check-ins to help you stay on track.

How it Works

WHAT TO EXPECT

- 30-60 minutes session
- Talk about your goals
- Review your current nutrition and lifestyle
- Create a plan that works for you and your whānau
- Get ongoing support with follow-up sessions

APPOINTMENT OPTIONS

- In-person at our Tauranga clinic
- Online by video or phone
- Home visit may be possible



Access Criteria

YOU MAY BE ELIGIBLE FOR FREE 1-TO-1 SESSIONS IF YOU:

▲ **HAVE OBESITY: BODY MASS INDEX (BMI) 30 OR MORE**

▲ **HAVE PRE-DIABETES OR TYPE 2 DIABETES (UNCOMPLICATED)**

▲ **HAVE HIGH BLOOD PRESSURE OR HIGH CHOLESTEROL**

Get a Referral

TO ACCESS 1-TO-1 SERVICE YOU NEED TO BE REFERRED BY:

- Health professional, such as your local doctor, nurse or a specialist; or
- Health Improvement Practitioner.

Talk to your general practice or hauora provider about your options!