

Referral for Green Prescription Programmes

LMCs can now refer women directly to Green Prescription providers; women are eligible if they are:

- inactive,
- at risk of or have GDM
- have a high BMI

Green Prescriptions

Green Prescription (GRx) services provide FREE wellness programmes for anyone aged 18 years and over, including pregnant women. Women can benefit from this programme if they would like support to get active and improve their lifestyle whilst pregnant and as a parent. Women can refer themselves by phoning 0800 ACTIVE (0800 228483), or they can be referred by their LMC or GP.

There are three Providers of Green Prescription programmes across Auckland and you can access more information by going to the following websites:

- Sport Auckland (Auckland City & Counties Manukau) – www.sportauckland.co.nz
- Harbour sport (North Shore) – www.harboursport.co.nz
- HealthWEST – (West Auckland) – www.healthwest.co.nz