



Altogether better health for your best life

Supporting you on the next step
of your journey to better health

Health is a journey

What it means to “live your best life” is different for every person, as everyone has unique needs, goals, motivations and challenges. There is no one-size-fits-all solution to health. Instead, we draw on expertise from a wide range of healthcare professionals to tailor care with the individual, their family and whānau.

**Our vision is to achieve altogether better health
for all in every community across Aotearoa.**

We offer assessment, advice and treatment for general and workplace health and physical, mental and cognitive conditions to help clients facing obstacles to a fulfilling and healthy life.

Our rehabilitation, workplace health, psychology and fitness programmes:

- restore function and mobility
- manage chronic pain
- improve wellness in the workplace and at home
- reclaim independence
- return to work safely
- achieve fitness goals

Easy referrals

Refer through your practice software, ERMS, Specialists and Referrals or through our website.

Altogether better health

Habit Health delivers a unique interdisciplinary, wrap-around care model. These services are delivered by our dedicated clinical experts working in communities across New Zealand.

Living your best life

Recover from pain and injury, restore function and navigate everyday activities.

- + physiotherapy
- + ACC provider
- + biomechanical analysis
- + concussion and headache
- + dietetics and nutrition planning
- + dry needling and acupuncture
- + escalated care pathway
complex knee, shoulder and lower back injury - South Island
- + gait scan and orthotics assessment
- + hand therapy
- + osteoarthritis and joint care
- + paediatric rehabilitation
- + pain management
- + pre-natal health and after care
- + pre-surgical rehab and after care
- + vestibular and balance rehabilitation

Getting back to work, school or everyday activities

Overcome challenges to independence from injury or disability at home and in the workplace.

- + ACC and sensitive claims
- + career counselling
- + community social needs assessment
- + employment and career support
- + housing modification assessment
- + mobility access services
- + return to work plans
- + social work
- + training for independence
- + vocational rehabilitation

Building strength and endurance for life-long health

Set goals and improve fitness by working with experts in exercise, diet and deep massage.

- + corporate wellness programmes
- + functional group and circuit training
- + group fitness
- + gym facilities
- + health screening
- + massage therapy
- + personal training

Neurological and mental health

Identify and overcome unhelpful patterns of thinking and behaviour. Assess and treat cognitive disorders and brain injuries.

- + counselling
- + psychology
- + neuropsychological assessment
- + stress and cognitive disorders

Keeping your business healthy

Optimise the health and productivity of your workforce through scalable programmes.

- + asbestos health monitoring
- + biological exposure and effect monitoring
- + drug and alcohol testing
- + early intervention programme
musculoskeletal injuries and disorders
- + eap employee assistance and counselling
life coaching, financial planning, mental health counselling
- + health education sessions
- + employee health monitoring
- + ergonomics and workstation assessment
- + functional capacity assessment
- + health and safety advice
- + industry-specific health assessment
DL9, maritime medical, confined space entry, occ. med clearance
- + pre-employment health checks
- + vaccinations
- + well health initiatives

Supporting communities across Aotearoa

North Island

Whangārei
Auckland
Whangamatā
Kātikati
Tauranga
Hamilton
Rotorua
Gisborne
New Plymouth
Napier
Hastings
Whanganui
Palmerston North
Kāpiti
Upper Hutt
Petone
Wellington

South Island

Nelson
Stoke
Richmond
Blenheim
Rangiora
Christchurch
Ashburton
Timaru
Cromwell
Queenstown
Dunedin
Balclutha
Invercargill

We want to talk to you:

hello@habit.health

North Island: 0800 557 556

South Island: 0800 800 288

www.habit.health

Health is a way of life.
We want to make
it better.

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for your best life*

