

## Green Prescription (GRx) in a nutshell

- Established in 1998, available nationwide
- A free physical activity and nutrition support service for 6 months
- Suited to people (both adults, youth and children) who require support to manage and prevent LTC's
- Face to face registration, weekly health and nutrition group workshops, phone reviews and connecting clients to local activity options
  - All Health professionals can refer to GRx!
    - **Referrals can be made via:**
      - Primary Care (e-referrals through Healthlink forms)
      - Secondary Care & Allied Health – website referral form
        - Self-Referral – 0800 ACTIVE or website form
        - Funded by the MoH through the DHB's
        - [www.sportauckland.co.nz](http://www.sportauckland.co.nz) / (09) 623 7956