



# Your better health

[nib.co.nz](https://nib.co.nz)

**nib** Health Management Programmes

# Helping our members take control of their health and wellbeing

## nib Health Management Programmes

Prevention is always better than dealing with illness and discomfort. That's why we're always looking for ways to help nib members take control of their own health. Our Health Management Programmes help our members make simple lifestyle changes to minimise health risks and improve their health and wellbeing.

Designed to support those who have or are at risk of chronic health conditions, the programmes are run by nib and a range of healthcare providers. Our programmes help reduce or even avoid the need for further treatments by providing the tools to support the needs of members.

Our Health Management Programmes empower members with the skills and knowledge to make better health decisions. These programmes are available to eligible members at no additional cost. It's just one of the many ways we make sure we're supporting our members as their health partner.

### **nib Health Management Programmes empower better health by supporting:**

- Improved quality of life
- Preventing future treatments
- Effective pain management
- Longer life expectancy



## nib member offers

We've teamed up with trusted healthcare providers to give members access to services and offers to help them take control of their health, happiness and lifestyle.

### nib Health Management Programmes:



### nib member offers:



To find out more about these programmes, email us at [nibclinical@nib.co.nz](mailto:nibclinical@nib.co.nz)



# nib

## Women's Wellness



Endometriosis is more common than most people realise. It affects one in 10 Kiwi women of reproductive age, causing an inflammatory medical condition. Symptoms include period pain, pelvic pain and infertility, which can seriously impact everyday life. People often require surgery. Our Woman's Wellness programme partners with a specialist health coach to address the causes behind the symptoms with simple, actionable advice.

### How we support our members:

- Personal assessment with a health coach to set up a 3-month plan
- Information and resources to guide and track members' health journey
- A focus on a bio-individual diet and lifestyle changes
- Six fortnightly 45-minute sessions to discuss any issues and personalise the programme as needed



# nib

## Diabetes Care



Diabetes occurs when the body can no longer control blood glucose. If not properly addressed, it can lead to organ and tissue failure. Sadly, this already widespread chronic disease is on the rise – particularly type 2 diabetes, which is driven by lifestyle. Our management programme works with health partner PreKure to improve or even reverse type 2 diabetes through diet and lifestyle changes.

### How we support our members:

- A PreKure 21-day programme to understand and address diabetes
- Guidance on diet and lifestyle principles to help manage diabetes
- Personal coaching sessions to support diabetic management



# nib

## Cardiac Care



Follow-up care is vital post heart surgery, so you can recover quickly and effectively. We cover all aspects of recovery... exercise, nutrition, mental health and return to activities. Before you start, we ensure you've completed exercise testing and have been cleared by your surgeon.

### How we support our members:

- Access to our online portal, packed with valuable information
- One-on-one sessions with a certified exercise physiologist
- Wearable devices where appropriate, for monitoring during personal exercise sessions



# nib

## Cancer Care



It goes without saying that being diagnosed with cancer can be a frightening and turbulent experience. Our Cancer Care programme offers support and guidance for members and their carers when they're going through chemotherapy or radiotherapy for cancer.

A coach works with them one-on-one to proactively support their health and wellbeing during treatment and recovery.

### How we support our members:

- A personalised telephone-based support programme run by nib and our partnering healthcare providers
- A dedicated coach to provide expert advice and support
- Unlimited assistance from nib to manage your claims, treatment requests and anything relating to your policy



# nib

## Healthier Heart



Cardiovascular disease can have a significant impact on quality of life, but our Healthier Heart programme helps eligible members take control of their condition. This programme works to identify at-risk members earlier. It also helps them to reduce the risk of potential or diagnosed cardiovascular disease through managing medication, understanding key lifestyle recommendations and working towards their health goals.

### How we support our members:

- Enhanced screening technology to help identify at-risk members
- Optional vitamin D and Omega 3 testing to personalise advice
- Online app with educational resources and lifestyle planner
- Wellness coaching to help ensure long-term positive changes





**nib**

# Healthier Joints

## Pain Management



Joint pain can severely impact the enjoyment of life. This programme offers eligible members physiotherapy and psychological support to help them manage chronic pain in their hips, knees, shoulders or spine. Working one-on-one with a coach, members get the support they need to improve their everyday wellbeing. This includes a comprehensive rehabilitation programme to proactively manage pain and maintain an active, fulfilling lifestyle.

### How we support our members:

- A personally designed exercise plan
- 9 hours of physiotherapy over 6-12 weeks
- Group-based health education sessions
- Up to 6 hours with a psychologist, if required



# nib

## Healthy Lifestyle



There are endless diets out there, but the hard part is maintaining weight loss long term. While excess weight is linked to many adverse health conditions, the good news is even small reductions in weight can have a impact on an individual's health. That's why our Healthy Lifestyles programme looks at the bigger picture. Beyond diet, we delve into the psychology of eating, as well as sleep, stress and exercise.

### How we support our members:

- One-on-one session with a qualified dietician
- A lifestyle planner to help track changes and monitor progress
- Weekly educational content and challenges to keep motivated



# nib

## Bowel Screening



Bowel cancer is the second-highest cause of cancer death in New Zealand, affecting 1 in 6 Kiwis. However, it is treatable and beatable if detected early. Auckland-based nib members may be invited to join our free bowel screening programme, using a test they can complete in the comfort of their home.

Mercy Ascot Endoscopy provide follow up support to members who require further bowel cancer screening assessment or treatment.

### How we support our members:

- A free bowel screening home test kit
- Test results are sent directly to the members
- Support and advice from a coach if needed



# nib

## Better Vision



It's important to have our eyes tested regularly – they can say a lot about our general health. It's also not uncommon for eyesight to change with age. To help our members manage and maintain healthy vision, we've teamed up with Specsavers to offer great deals on eye care from any of their stores throughout New Zealand.

### How we support our members:

- 25% off lenses
- 25% off frames priced at \$169 and above
- Free non-invasive OCT imaging testing



**nib**

# Healthy Hearing



Maintaining good hearing helps us stay involved and follow conversations. We recommend our members see Dilworth Hearing for a free screening test of how well they can hear. Having your hearing tested regularly can detect early signs of hearing loss, which may prevent difficulties later in life.

## **How we support our members:**

- Free hearing test for members over 18 years old
- Recommendation if further diagnostics are required
- Guidance on hearing protection



# Tend GP Consultations



We know better than most how the cost of health services can quickly add up. So, we've partnered with Tend – an innovative healthcare provider that offers fast and affordable online access to GP services. nib members can now have access to GP consultations both through Tend's mobile app and in-person at their medical centre in Kingsland, Auckland (with more clinics to come).

## How we support our members:

- Unlimited GP consultations under your GP benefit – no need to make a co-payment or claim when you switch to Tend
- See a Tend doctor online, 7 days a week
- Get ePrescriptions sent to a pharmacy of choice
- Ongoing care through secure in-app messaging
- Consultation notes are available in the app



# ZOOM Pharmacy



Managing prescriptions is now easier, thanks to the services of ZOOM Pharmacy. nib members simply send their prescriptions through a secure patient portal (or via their medical centre). ZOOM will then confirm and deliver medication directly to home or work within 1 to 2 days. It's also a great way to organise repeat prescriptions ahead of time, so members never miss out on important medication.

## How we support our members:

- Medication delivered in 1-2 working days
- Medication/prescription reminders through the ZOOM app
- Order and pay for medications with the ZOOM app
- Free, unlimited over-the-phone support from pharmacists

To find out more about these programmes, visit  
**[nib.co.nz/health-management-programmes](https://nib.co.nz/health-management-programmes)**

This information is correct as at 20 April 2022 and provides a summary only of the current Programmes and Offers. Programmes and Offers may be changed or withdrawn by nib from time to time. For the full terms, conditions and eligibility criteria for the nib Health Management Programmes and for details about the member offers, please email [nibclinical@nib.co.nz](mailto:nibclinical@nib.co.nz). © nib nz limited 2022.