# Rongoā Kākāriki GREEN PRESCRIPTION

### REFERRALS TO GREEN PRESCRIPTION ARE NOW AVAILABLE ON MCIS FOR ALL CMDHB WOMEN!

#### WHAT IS GREEN PRESCRIPTION?

Green Prescription is a referral based health and wellness programme for adults 18 years and over, who would like support and motivation to get active and improve their lifestyle.

#### WHO SHOULD BE REFERRED?

Please encourage the Green Prescription service for women who:

- Are at risk of developing GDM
- Develop GDM
- Have Type 2 Diabetes
- Have a high BMI

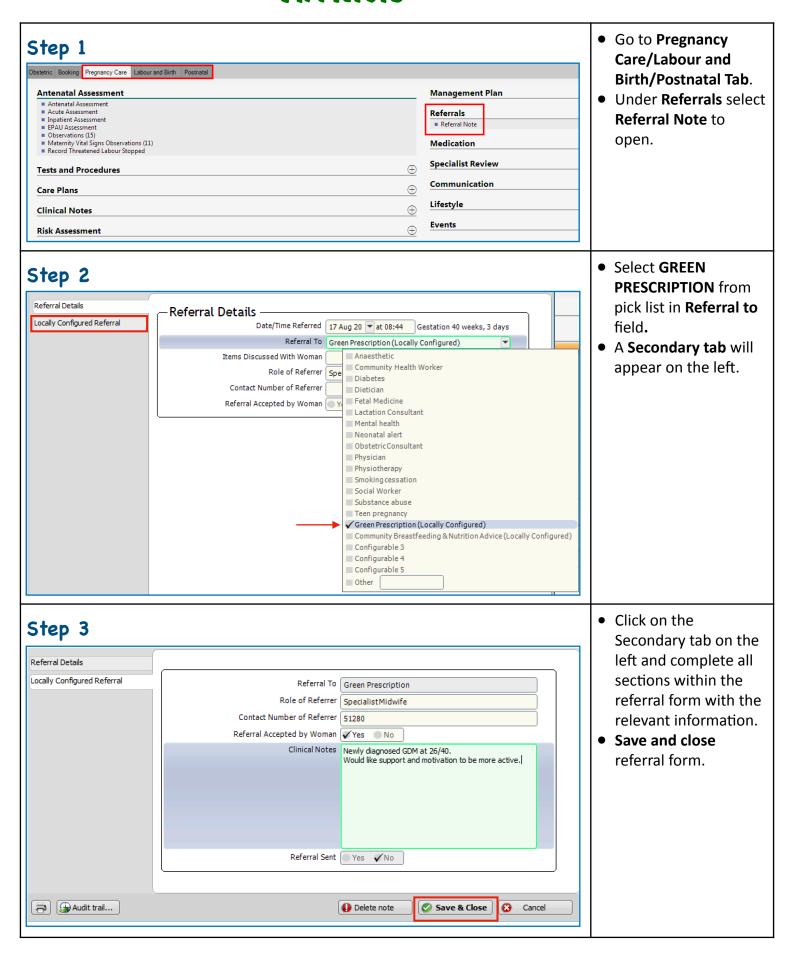
- Would like support to be more active
- Would like postnatal support and motivation

#### WHAT THE GREEN PRESCRIPTION SERVICE PROVIDES?

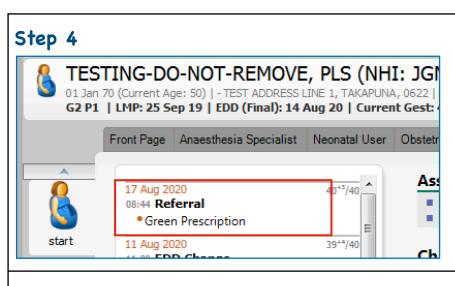
- ► Initial one-on-one consultation with a Healthy Lifestyle Advisor (In Person at a community programme, Online or Over the phone)
- Regular catch up with participants either In Person, Online or Over the phone
- Online Live-streaming Low Impact Exercise Sessions Friday 9:30am
- Online Nutrition and Wellbeing Webinars Thursday 10:30am + 7pm
- 6 months of support
- Support from the Green Prescription Registered Dietitian if intensified support is required

## HOW TO CREATE A REFERRAL TO GREEN PRESCRIPTION AND SEND IT ELECTRONICALLY VIA MCIS



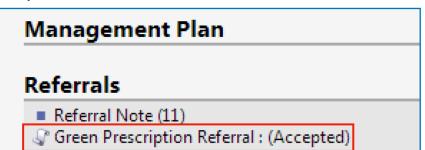






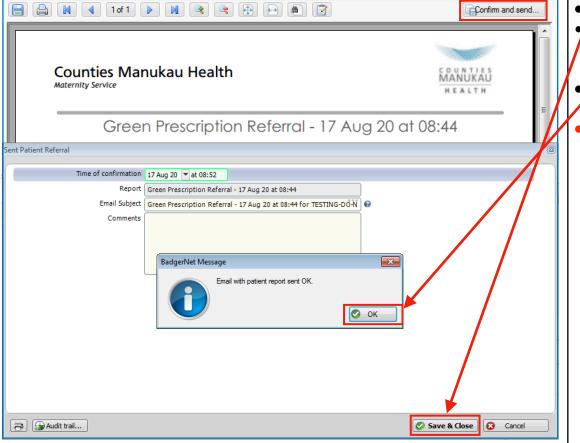
- Your completed referral will now show in the **timeline**.
- Note: Steps 5 and 6
   MUST be completed
   to ensure your referral
   is sent to GREEN
   PRESCRIPTION.

#### Step 5



 Return to Referrals heading and open your GREEN PRESCRIPTION Referral PDF.





- Click on Confirm and send
- Save and Close.
- The Pop-up message confirms email sent successfully.
- Select OK
- Note: If you do not see the Pop-up message, the email has not been sent. Pleas contact the MCIS team on 51280 if this occurs.