

# Your better health.



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# 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.



Wellness Coaching



nib Women's Wellness



nib Diabetes Care



nib Cardiac Care



nib Cancer Care



nib Healthier Heart



nib Healthier Joints Pain Management



nib Healthy Lifestyle



nib Bowel Screening



## Wellness Coaching



Our Wellness Coaches are registered nurses and are here to support our members through a wide range of physical and mental health conditions and wellbeing challenges. Their role is to share knowledge, inspire confidence and motivate eligible members to achieve their wellness goals.

### How we support our members:

- Helping to improve our members' ability to keep on top of their health conditions through motivation, health management, and information about lifestyle changes that may be right for them
- Sharing insights and knowledge around sleep, nutrition, exercise, social connection and mental wellness
- Helping to inform and support members to navigate the sometimes complicated healthcare system, helping members get easier access to the care they need

## 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 wellness 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 wellness coach to provide support and guidance
- Unlimited assistance from nib to manage your claims, and any questions 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
- At home remote blood pressure monitoring equipment provided
- Access to a tablet to support you with educational information and risk factor tracking
- One-on-one online wellness coaching sessions to help ensure long term positive change



## 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

## 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 member offers

## **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.

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

### How we support our members:

- A free, easy at-home bowel screening test kit sent to you

We've teamed up with trusted healthcare providers to give our members access to offers that help them take control of their health and lifestyle. These offers are always evolving and are there to give our members easier access to quality healthcare.

### nib Member Offers



nib Better Vision



nib Healthier Hearing



nib Tend GP Consultations

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



**Specsavers** | **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 lens options (excluding contact lenses)
- 25% off frames priced at \$169 and above
- Free non-invasive OCT imaging testing

**DILWORTH HEARING** | **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 | nib

# 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 one of their medical centres.

### 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

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

This information is correct as at 6 November 2023 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)

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