

YOU'RE INVITED TO A **ZOOM WEBINAR**

ENABLING YOU TO WORK SMARTER, NOT HARDER

**WEDNESDAY 10TH NOVEMBER
7PM – 8PM**



**DR JANINE
BYCROFT**

*CEO Health Navigator
Charitable Trust and GP*



Janine is the founder and CEO for Health Navigator NZ. Her areas of interest include digital health, collaborative care, care planning, self-management support, quality improvement, chronic care, health literacy and integrated care. She is involved with a number of projects to improve long-term condition management at a local, regional and national level and is passionate about how digital health can be a transformational enabler for whānau and health providers.

In this presentation, we'll highlight a range of resources and content that will make it easier and quicker to share.

- 1000s of health topics
- medicine fact sheets
- NZ's Health App Library
- video library
- self-care tips, personal stories
- multiple language resources.

We'll also share tips and resources to support positive behaviour change including how to get started with prescribing high quality digital tools and apps.



REGISTRATIONS REQUIRED

Use the link:

www.myhealthhub.co.nz/Janine



By Mobile Health