

Ever wondered
where you can find reliable
health information?



Much of the health information found online can be misleading, incorrect or designed to sell you something.

Health Navigator NZ was designed by doctors, nurses, allied health professionals and consumers to link key information and resources into one place.

**Independent, trustworthy information
at your finger tips.**



New Zealand's 'front door' to trusted health information for people with on-going health conditions

Key features include:

- Quick and easy to use
- Quality-tested links
- Independent & reliable
- Designed for New Zealanders

Links to resources:

- From key organisations in NZ and overseas
- In multiple formats:
 - video, audio & languages
- Personal stories, tips & ideas
- Keeping well - healthy recipes, medications
- Brief, standard and detailed information

➔ *Best of all it's free*



www.healthnavigator.org.nz