

habithealth
eap

Accessible Support Real Care

Our team are on hand to provide free, confidential advice to keep you moving forward at home or work, supported by our app and wellbeing hub.

Counselling
Career Guidance
Legal Guidance
Financial Guidance
Rongoā Service

Nutritional Support
Fitness Coaching
Sleep and Fatigue
Quit Smoking Help
Healthy Heart

Pain Support
Headache Support
ADHD Assessments
Hormonal Health

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