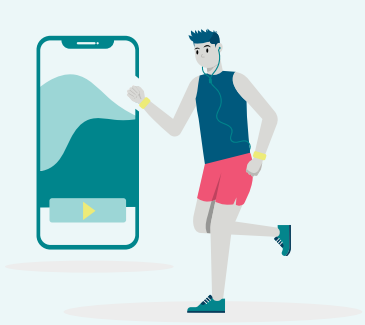
Health Coaching Services

Supporting your physical wellbeing

habithealth eap

Habit Health EAP already provides easy access to counsellors to help with any issues you may have, at home or at work. However, we understand that all around wellbeing is a balance between both physical and mental health.

With this in mind, we've introduced a range of health coaching options to help provide all-round support.

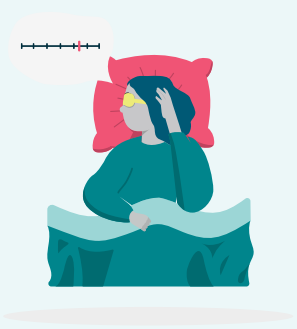


Fitness Coaching

- Sessions run by a rehab coach
- Individually tailored exercise plans
- Education and understanding of fitness benefits
- Support for maintaining good fitness habits

Nutritional Support

- Sessions run by a qualified dietitian
- Nutrition plan for weight managements and disease prevention
- Education on balanced diets, portion control, dietary preferences
- Improve overall well-being



Sleep & Fatigue Health Coaching

- Sessions run by a nurse
- Improve sleep quality and manage fatigue
- Build knowledge and understanding
- Support sleep habits and stress reduction
- Beneficial for teams on shift work

Quit Help - Smoking & Vaping

- Sessions run by a nurse
- One-on-one coaching
- Guidance and strategies to quit
- Individualised support
- Strategies for dealing with cravings
- Support for lasting change

Healthy Heart Coaching

- Sessions run by a nurse
- Review of current state of health
- Guidance on stress reduction and relaxation techniques
- Health plan tailored to specific needs
- Support for diet, sleep and lifestyle choices

Pain Management

- Sessions run by physiotherapists and occupational therapists with specialist training
- Support to understand how pain is impacting your daily life
- Personalised strategies to reduce pain's impact
- Education to understand and manage pain

Headache Management

- Sessions run by trained health professionals
- Practical strategies to reduce headache frequency and severity
- Tools for managing triggers, stress, posture, and lifestyle factors
- Support to improve daily function

Looking after your health in a proactive way helps ensure a happier healthier workplace.

Support sessions are provided virtually and can be booked online at eapservices.co.nz by calling 0800 327 669 or scanning the QR code.

Prioritise your wellbeing with habithealth+

Download from the app store today.

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