

Green Prescription (GRx) FAQ's



Who is eligible for GRx?

Sport Wellington and the 3DHBs classify GRx priority groups as Māori and Pasifika, including pregnant women, Tamariki and those living in areas of high deprivation. Sport Wellington has a 70% Māori and Pasifika referral target.

Outside of these priority groups, eligibility also applies to anyone in the community who is currently inactive (less than 150 minutes of moderate physical activity per week) and is ready for intensive support with healthy eating, movement and wellbeing.

To enquire about the status of a client's referral, you can email grx@sportwellington.org.nz

What are Sport Wellington's new referral targets?

The total annual referral target for GRx is 2,056.

What support is available for my client?

Sport Wellington adapts service level based on need, taking into consideration the client's situation and their preferences. We can offer up to 12 months of personalised healthy lifestyle support, which may include:

- Up to eight consultations, at home, in the community or online
- Fortnightly contact
- Goal setting support, based on Te Whare Tapa Wha health model
- Education and resources to support healthy eating, movement and wellbeing behaviour change
- Access to monthly roopu/group activities
- Opportunity to participate in Healthy Lifestyle Programmes and Active Families sessions
- Support with building community and peer connections.

How is the GRx service different to what was previously delivered?

The service has evolved from a 'one size fits all' approach, to a service that is flexible and adaptable based on the needs of the client, and their whānau. There is less emphasis on phone support, and more:

- Face to face consultations, including home visits
- Increased programme length
- Increased frequency of contact
- More opportunities for group activities, and practical support.

Isn't GRx just for discounted gym or swimming pool memberships?

There is a misconception that the primary purpose of GRx is for accessing gym or swimming pool discounts, which is an unfortunate distraction. We encourage referrals for clients who are in need of, and ready to receive, intensive healthy lifestyle support. Most Council recreation facilities offer discounts directly for people with a Community Services Card, therefore a referral to Sport Wellington is unnecessary. There are also many low-cost, community exercise options available. Sport Wellington's [Wellbeing Hub](#) shares health and wellbeing resources, including activity and recipe directories for those who are not in need of intensive support, but after direction and ideas. You are welcome to refer clients directly to this resource.

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Is Sport Wellington still delivering Active Families, Pre-school Active Families and Maternal GRx?

Sport Wellington still prioritises support for families, pre-schoolers, and pregnant women. To reduce the complexity of referral pathways and confusion on eligibility these programmes now all sit within the one GRx service. GRx can be tailored to each and everyone's needs. Our staff have a diverse range of skillsets, experiences and backgrounds to reflect the communities we serve.

How do I refer?

For Primary Care, secure eReferrals can be made via Healthlink and BestPractice.

Website referrals are available for all [healthcare professionals](#). You can also direct your client to fill out a self-referral application form.

How and when will I hear about my client's progress?

- After an initial consultation a letter outlining the client's goals will be sent to the client's GP/referrer
- At six months, a progress letter will be sent to the client's GP/referrer
- When a client graduates the service (usually between six and 12 months) a graduation letter will be sent to the client's GP/referrer outlining progress, and further recommendations.

What were the reasons for changing the way GRx was delivered?

Sport Wellington reviewed the GRx service in 2019, to understand what was working well and what the opportunities for improvement were for our communities. We undertook a literature review of best-practice healthy lifestyle interventions (specific to New Zealand), interviewed our stakeholders and talked to our GRx participants – those who never engaged, and those who had received a service from us in the past three years.

Recommendations from this review included:

- Removing the 'one size fits all' model, as it was not suitable for our clients' needs
- Providing more flexibility, intensity and frequency of support
- Delivering more group activity options and face to face opportunities
- Partnering with other organisations with shared priority groups (Māori and Pasifika, Tamariki, pregnant women, those living in areas of high deprivation) to deliver services

With support from the 3 DHBs, the new GRx contract deliverables are centred on delivering equitable outcomes for Māori and Pasifika, including pregnant women, Tamariki and those living in areas of high deprivation.