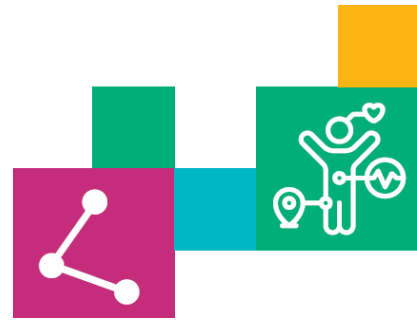


Preventative Health Initiative



Do you need support to access preventative health services?
Do you want to learn more ways to improve your physical health?
Are you feeling down, isolated or stressed?

The [Preventative Health Initiative](#) is a **FREE** service delivered by [Neami National](#)

- During one-on-one sessions via phone or face-to-face, Registered Nurses work with you to identify **your** health goals and the support you need to achieve those goals.
- Tailored to your individual needs, sessions might include:
 - **Personal support or coaching** to improve confidence and keep you motivated.
 - **Referrals** to GP, Allied Health, and other health providers.
 - **Facilitation of attendance** at preventative health appointments e.g. transport.
 - **A comprehensive health check**, which includes information and assistance related to:
 - Breast Cancer screening
 - Cervical Cancer screening
 - Bowel Cancer screening
 - Tobacco Management
 - Influenza immunisation (flu shot)

How to access the service

Anyone can make a referral to the Preventative Health Initiative including:

- You (self-referral)
- Your support worker, carers, family and friends
- General Practitioner (GP), or other health and community services

To make a referral you (or your worker) can call either:

- Preventative Health Initiative: **1300 185 399**
- EMPHN Referral and Access Team: **9800 1071**

Or [Download a referral form](#) from our website and email us.

Contact

Phone: **1300 185 399**

Email: PHI@neaminational.org.au

Web: www.neaminational.org.au/phi