

# Green Prescription agreement

As a part of engaging in the programme we encourage you to read through the following guidelines and sign at the bottom if agreeable, speak to an Advisor for any questions.

## Advisor's commitment to the client:

- We will give you information on the benefits of physical activity and guidelines on nutrition.
- We will help you set short- and long-term physical activity and nutritional goals.
- We will discuss physical activity options with you and link you to suitable physical activity groups.
- We will contact you every month to see how you are going with your goals.
- We will offer to meet with you during your last month to discuss your time on the programme and what is next.
- We will help set you up for a healthy lifestyle.

## Client's commitment to the programme:

- I am committed to making healthy lifestyle changes.
- I will develop short- and long-term physical activity and nutritional goals with the help of my advisor.
- I will engage in monthly contact via text, phone call or face to face at group activities. If uncontactable, I understand that I will be released from the programme and my GP advised.
- If my situation changes, I will communicate this with my advisor and together, decide how to best move forward on the programme.
- I will complete the final six-month appointment to reflect on and wrap up my time on the programme.
- I will bring a willingness to make change and celebrate my progress.

<b>Participant consent:</b> I agree to participate in the Green Prescription programme. I understand this is a six-month healthy lifestyle programme as set out in the above agreement. I acknowledge the need for health-related assessments to be completed so progress can be captured.	Yes / No
At all times Sport Bay of Plenty aims to lead safe enjoyable activities. I understand that in the event of unforeseen circumstances Sport Bay of Plenty will not be liable for injury, damage or loss which I may sustain to myself or my property.	Yes / No
<b>Information privacy:</b> Your advisor will only collect information from you that is relevant to Green Prescription. This information will be used to support you. I understand all information gathered is confidential and will not be discussed with anyone without your permission, unless in an emergency. All information will be filed in a private file which you are able to request a copy of.	Yes / No
<b>Feedback procedure:</b> My advisor has made me aware of the Code of Rights information and Sport Bay of Plenty's complaints procedure in my pack.	Yes / No
<b>Programme evaluation:</b> In order for Sport Bay of Plenty to deliver a quality service the Green Prescription programme is constantly monitored and evaluated. I understand the Ministry of Health, Sport Bay of Plenty or an external evaluator approved by Sport Bay of Plenty may contact me to help with programme evaluation.	Yes / No

<b>Client Name:</b>	<b>Signed:</b>	<b>Date:</b>
<b>Green Prescription Advisor</b>	<b>Signed:</b>	<b>Date:</b>