

## HAUORA | WELLBEING PLAN

<b>Kaimahi / Employee</b>	
<b>Site</b>	
<b>Job title</b>	
<b>Manager / HR name</b>	

<b>Hauora / Wellbeing challenge(s) discussed</b>	
<b>What supports are already in place?</b>	
<p><b>What employee will do</b></p> <p>This could include:</p> <ul style="list-style-type: none"> <li>• Talking to family or whānau</li> <li>• Planning leave</li> <li>• Picking up a self-care strategy that helped in the past</li> <li>• Finding related online resources or support</li> <li>• Making an appointment with GP or EAP</li> </ul>	

<p><b>What manager / HR will do</b></p> <p>This could include:</p> <ul style="list-style-type: none"><li>• Completing an EAP referral</li><li>• Seeking specialist advice</li><li>• Signposting to 1737 or other support services</li><li>• Temporary reasonable accommodations, such as flexible sick leave, modified schedule or duties.</li><li>• A graduated return to work plan</li><li>• Advising colleagues of above as agreed with Employee</li></ul>	
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<p><b>Agreed review date</b></p>	
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