Will they benefit?
- Most people will benefit from physical activity.
- People with heart disease, hypertension, diabetes, depression, obesity, arthritis, some respiratory conditions or at high risk of CVD, are likely to benefit most.
- Patients should be able to increase the amount of physical activity they do, improve their nutrition and be willing to change their lifestyle.

Is condition stable?
- Stabilise any pre-existing conditions before prescribing physical activity.

Assessing present activity level
- Patients are insufficiently active if they do fewer than 30 minutes of moderate intensity physical activity per day on most, if not all, days of the week.

Moderate intensity physical activity is:
- Activity which makes a person breathe a little harder than normal. Examples include brisk walking, kapa haka, cycling, swimming or gym activities.

Having discussed the patient’s activity level and readiness to change, is a GRx appropriate?
- Yes
- No

Does the patient consent to script details being given to the GRx team for follow-up and support?
- Yes
- No

Send script to GRx Team

If they have a condition, is it stable?
- Yes
- No

Stabilise condition, then review

Assess present physical activity level
- Inactive
- Active

Congratulate and encourage to continue current level

Let them know they can contact 0800 ACTIVE (0800 228 483)

Send script to GRx Team

What kind of Support?
- Help set goals/action plans
- Motivate
- Provide activity and healthy eating options
- Provide information
- Encourage!

Face-to-face or group support (if available)

Patient’s progress is reported back to the referrer

Is the patient now active?
- Yes
- No

Issue another GRx or discharge if no further benefit can be gained from GRx

Phone 0800 ACTIVE (22 84 83) for more information