

Promoting good health in the local environment



WE ALSO COME TO YOU.

We carry out a variety of health promotion activities in your local area in collaboration with the local community, local societies and associations (patient organisations, sports clubs, etc.), and work-based and other organisations.

Keep an eye on the latest news where you are. This will ensure that you don't miss out on the events we organise for you.

Together for Health, a national prevention programme whose main aim is to prevent and control chronic non-communicable illnesses and diseases, is available to every adult in Slovenia. **Together we can work towards better health and a better quality of life.**

You are invited to attend a free **preventive health check-up** conducted by your GP and graduate medical nurse. This will detect any risk you have of developing a chronic illness in good time. If you already suffer from a chronic illness, it will identify it and set out a plan for further action.

Depending on your state of health, you will be referred to a health promotion centre. The health professionals there will do everything they can to improve your physical and mental well-being.

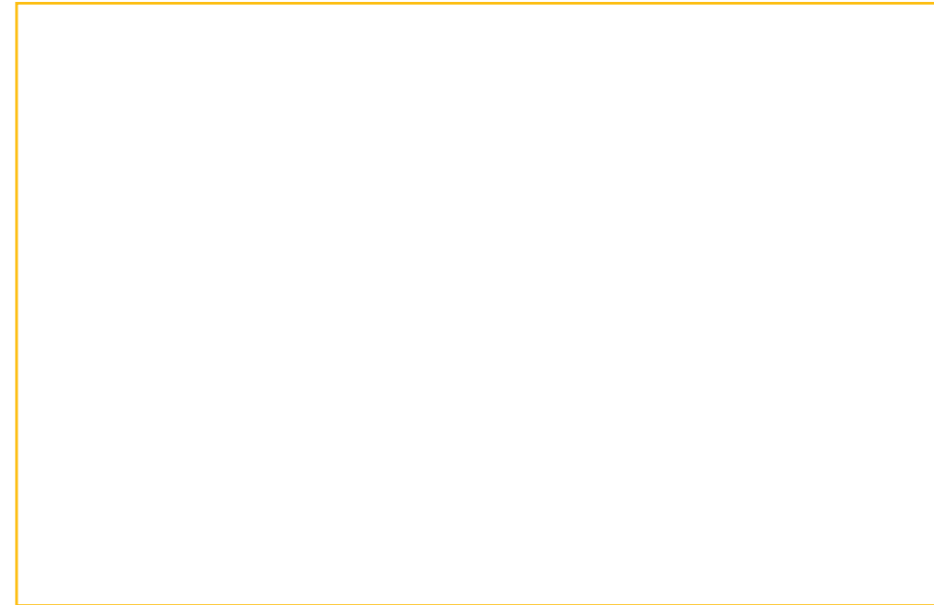
You can register for some activities at **health promotion centres** yourself, meaning that you don't have to undergo a preventive health check-up or be referred by a GP or graduate nurse.

We are here for you.
Read on for more information.



CONTACT YOUR GP or visit the health promotion centre located at your nearest health centre.

LET'S TAKE THE FIRST STEP TOGETHER!



Together we can. Together for Health.



PARTICIPATING IN THE TOGETHER FOR HEALTH PROGRAMME IS ENTIRELY FREE OF CHARGE FOR YOU, as the costs of attendance are covered by the Health Insurance Institute under the terms of general health insurance.

TAKE ADVANTAGE OF A FREE PREVENTIVE HEALTH CHECK-UP AT YOUR GENERAL PRACTICE, AND HEALTH PROMOTION ACTIVITIES AT YOUR NEAREST HEALTH PROMOTION CENTRE.

NIJZ National Institute of Public Health



Join us!
skupajzazdravje.si



TOGETHER FOR HEALTH

National programme of integrated chronic illness prevention for adults

Individual consultation with a specialist

If you have questions about maintaining and strengthening your health, you can pay a visit to a health promotion centre, where there are graduate nurses, physiotherapists, kinesiologists, psychologists and dieticians on hand to help. We will be happy to talk to you, and give you advice and tips on how to lead a healthy life.

Do you want to change your lifestyle so that it has a positive impact on your health?

Do you need an extra 'push' to help you take the first step towards better health and well-being?

Specialists are waiting to help you at your local health promotion centre, which is located at the health centre closest to you. They have expert knowledge in health prevention and promotion.

Activities to boost your health



Health promotion centres offer a wide range of activities. You'll receive expert information and advice at group workshops, one-to-one consultations and tests. These will provide you with the skills and support you need to make long-lasting changes to your lifestyle, leading to better health and well-being.

Some of the workshops and consultations can only be attended after a preliminary preventive health check-up or following a referral from another health professional. These are marked with the **U** icon below. Other workshops and consultations do not require a prior check-up.

You'll also be able to find any **further information** you require at the **health promotion centre** located at your nearest health centre. To make things easier, we've provided the contact details of your nearest health promotion centre.

The group workshops, one-to-one consultations and tests available at health promotion centres are listed below.



HEALTHY LIFESTYLE

- Living Healthily
- Elevated blood pressure
- Elevated blood lipids
- Elevated blood sugar



HEALTHY DIET

- Eating Healthily



PHYSICAL ACTIVITY

- How fit am I 1?
- How fit am I 2?
- How much can I do?
- Let's Get Moving **U**



MENTAL HEALTH

- Relaxation techniques
- Healthy relationships
- Tackling stress
- Tackling anxiety **U**
- Tackling depression **U**



RISKY BEHAVIOURS

- Giving up smoking
- Giving up risky and harmful alcohol consumption



CHRONIC DISEASES

- Healthy weight (tackling obesity) **U**
- Type 2 diabetes
- Living with diabetes **U**