



**Are you up
for the WERO?**

The OL@-OR@ project was funded by:

HEALTHIER
LIVES

He Oranga Hauora

National
SCIENCE
Challenges

A HEALTHY LIFESTYLE APP JUST FOR YOU

WHAT IS THIS STUDY ABOUT?

To determine how useful a mobile health tool (app and website) is in delivering health information and support to Māori and Pasifika.

WHAT IS THE OL@-OR@ TOOL?

- Improve your hauora
- Invite your whānau to join you on your journey
- Set wero (challenges)
- Earn tohu (rewards) for your achievements
- Receive motivational messages and tips
- Monitor your progress with lifestyle trackers
- Share more about our culture

IS THIS FOR ME?

Are you:

- Over 18 years old
- Part of a community who are participating

Do you:

- Own a smartphone/tablet/laptop/computer
- Have access to internet at least once a week
- Have an email address

IF YOU ANSWERED YES THEN THIS IS FOR YOU!

Meet with your group and a coordinator to learn more



You will fill in some questions that we need for the study



Your group will be assigned into either control or intervention



Intervention will use an app/website to help you achieve healthy goals



Control will have a basic version of the app/website until the study is finished



At 4 & 12 weeks you will need to answer some questions for the study



After 12 weeks the study will finish and you can continue to use the app/website



OL@-OR@

**START in
JAN 2018**



FREE TO PARTICIPATE

WHAT HAPPENS TO MY INFORMATION?

The information you give us will be treated in strict confidence. All written study information collected will be stored in a locked cabinet. Electronic information will be stored securely at the National Institute for Health Innovation, The University of Auckland, and will only be viewed by the research team. No individual information or names will be published.

HOW MUCH TIME IS INVOLVED?

- The study runs for 12 weeks
- Initial registration takes around 15mins
- At 4 and 12 weeks another 10 mins to complete questionnaires
- It is up to you how much time you spend on the app

CONTACT DETAILS

For further information or to ask questions about the study, please contact:

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We would like to acknowledge the contribution of all partners who helped develop the OL@-OR@ tool including:



TOI TANGATA®

Waiwhetū Community
Te Rūnanga Ngāti Whātua