



The new Defence Health Hub website provides health support for veterans

Pūtahi Hauora (Health Hub) is a one-stop shop to help you thrive and perform at your best. Their resources help you to maintain good health, recognise problems, and get on top of health concerns early.

Visit the Defence Health Hub (<http://health.nzdf.mil.nz/>)

Their support is available to the entire Defence community and has specific resources for veterans.

“We’ve designed the Hub so you can get much of the health information you need in one place. From general health, to information specific to defence community groups, the Defence Health Hub has it”

What's available

The website has information on:

- Physical, mental, spiritual, and social/whānau health
- Health at work including:
 - workload and burnout
 - fitness standards
 - transition
 - deployments
 - injury rehabilitation to peak performance
 - nutrition
- Women’s and Men’s health
- Relationship tips, parenting, finances, mental wellbeing
- Self-assessment tools
- Resources and tips for self-management, goal setting and action planning
- Where to go to get help and support
- NZDF facilities and providers by region

- [NZDF facilities and providers by region](#)
- [Finding your local RSA, gym, and library](#)
- [Videos, webinars, shared stories and links to additional resources.](#)

[Visit the Defence Health Hub \(http://health.nzdf.mil.nz/\)](http://health.nzdf.mil.nz/)

Share your experiences

Defence Health also want to hear from people happy to share their personal stories with the NZDF community on Pūtahi Hauora. Get in touch by emailing defencehealthhub@nzdf.mil.nz (<mailto:defencehealthhub@nzdf.mil.nz>) or putahihauora@nzdf.mil.nz (<mailto:putahihauora@nzdf.mil.nz>).

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16 May 2022

Tags

[Health \(https://www.veteransaffairs.mil.nz/news-events/articles/?tag=57\)](https://www.veteransaffairs.mil.nz/news-events/articles/?tag=57)

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