

# Vård och hälsa

Vård och hälsa is Västra Götaland Region's app for online health meetings. If you book a first-time visit, you need to download the app Vård och hälsa or use it in a web browser.

To join a video meeting, you need:

- A smartphone or tablet
- A computer with working camera and microphone
- Internet connection
- E-identification (for example, BankID)

It's best if you can sit in a quiet place where you won't be disturbed. Headphones with a microphone (a headset) give good sound quality for both you and your health coach.

**Take the first step towards a healthier everyday life – book your health coach today!**

QR-code to: <https://vardochhalsa.vgregion.se/home-login>



**Do you want to feel better? We will help you – completely free!**

## Hälsocoach online

**– Your personal coach for movement, food, alcohol, nicotine and tobacco habits**





# Matkassen

Matkassen is a website created by dietitians in Västra Götaland Region. Its goal is to help you put healthy food on the table.

Matkassen includes recipes for quick and nutritious meals that are good for your health, the environment, and your wallet. It also has ready-made weekly menus with shopping lists.

What makes Matkassen special, compared to other recipe sites and meal kits, is that the recipes follow the Nordic Nutrition Recommendations (NMR) and are suitable for all ages.

The screenshots show the Matkassen website. The top screenshot displays a weekly menu for 'Veckomeny 1' with a table of meals for Monday through Friday. The bottom screenshot shows a shopping list for the same week, categorized by food groups like 'Frukt' (Fruit), 'Grönsaker' (Vegetables), and 'Färdiglagade maträtter' (Ready-made dishes).

QR-code to: [www.vgregion.se/matkassen](http://www.vgregion.se/matkassen)



If a doctor or nurse has recommended that you change your lifestyle, it can help to have a health coach to support you.

You can also book a coach on your own, without a referral.

Coaching usually lasts for 2 to 6 months, with 4 to 6 sessions.

You and your coach decide together how it will work.

It's easy to use the app Vård och hälsa – and it's completely free!

Download the app Book a time Meet your health coach!

Download the app here!



Questions before booking? Feel free to contact us on our 1177-page under "Skicka meddelande".

Also check our website:

[www.vgregion.se/halsocoach](http://www.vgregion.se/halsocoach) for the latest information and frequently asked questions.