

## ADVICE AND SUPPORT IS AVAILABLE HERE

### Your health care centre

vgregion.se

You can also contact your rehab clinic or physiotherapist directly.

### 1177

1177.se Refer to the tab *Life and health*  1177

For example, you can find information here about Physical activity on prescription (PAP).

### Online health coach

See your health coach on your mobile phone.

Download the app Mitt vårdmöte and make an appointment.

vgregion.se/halsocoach

### PaP-support

vgregion.se/fargoteborg

### Notes

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 This information is available in several languages

#### Fact-checker:

Regional therapy group Physical activity - Pharmaceutical Committee. Chairperson Anders Mellén, Consultant in Clinical Pharmacology.

June 2019 Network for Health-promoting Healthcare, Region Västra Götaland. Original concept: Center for physical activity Gothenburg VGR.

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Keep a check on  
your goals and  
your activities

# Activity journal



