

**Type of message:**  
Motivational/  
Whakatauki

**Received on:** Mondays

**Example 1 (Māori):** *Whāia te iti kahurangi ki te tūohu koe me he maunga teitei (Seek the treasure you value most dearly: if you bow your head, let it be to a lofty mountain - be persistent, don't let obstacles stop you from achieving your goals)*

**Example 2 (Pasifika):** *You don't have to see the whole staircase, just take the first step*

**Type of message:**  
Lifestyle Message

**Received on:**  
Wednesdays

**Example 1 (Māori):** *Feeling stressed? Going for a hikoi, eating healthy and spending time with friends and whānau are all good ways to help relieve stress.*

**Example 2 (Pasifika):** *Feeling stressed? Going for a walk, eating healthy and spending time with friends and family are all good ways to help relieve stress.*

**Type of message:**  
Smoking Cessation  
Message

**Received on:** Thursdays  
(if a smoker)

**Example 1 (Māori):** *Quitline offers free advice and support to quit smoking. Call 0800 778 778 or go to their website*

**Example 2 (Pasifika):** *Quitline offers free advice and support to quit smoking in Samoan, Cook Island Māori, Tuvaluan, Tongan and Tokelauan languages. Just call them on 0800 778 778*

**Type of message:**  
Spotlight on Function  
Messages

**Received on:** Fridays

**Example 1 (Māori):** *Don't forget to invite your friends and whānau to join you on your journey to better health by visiting the Whānau section of the app.*

**Example 2 (Pasifika):** *Don't forget to invite your family/friends to join you on your journey to better health by visiting the Family section of the app.*

**Type of message:** Goal  
review messages  
**Received on:** Sundays

**Example 1 (Māori):** *Kei te pai, you have been using OL@-OR@ for a week! Don't forget to review your wero & ensure you are making positive steps towards a healthy lifestyle.*

**Example 2 (Pasifika):** *Well done, you have been using OL@-OR@ for a week! Don't forget to review your goals & ensure you are making positive steps towards a healthy lifestyle*