



## Gen2040 update

The Best Start Kōwae available through Gen2040 remain unfunded; however, they are a valuable asset for use across pregnancy, postnatal care and early childhood within Primary Care for all whānau Māori and non-Māori.

The Best Start Māmā program is now available. This program is a postnatal check for māmā completed by a GP, NP, or Nurse. These checks are focused on mental health, emotional wellbeing, and follow up of pregnancy and birth related conditions. The assessment usually occurs when pēpi (baby) is 6 weeks old. Please contact [Gen2040@nhc.maori.nz](mailto:Gen2040@nhc.maori.nz) to get this program added to your PMS.

This diagram will guide you in using the right tool at the right milestone across each of the different stages.

## From pregnancy to pēpi: Best Start at every step

Supporting equitable care at key milestones across pregnancy, postnatal and early childhood

### What is Best Start?

Best Start is a set of smart assessment tools designed to support timely, equitable care and referrals at key milestones for wāhine and pēpi.

### When should I Use It?

Use one tool at a key milestone  
 You don't need to complete every tool  
 You don't need to wait for a full check  
 Use what fits your consult and clinical judgement



**BEST START  
PREGNANCY**



**BEST START  
PĒPI**



**BEST START  
MĀMĀ**



**BEST CARE  
IMMS CATCH UP**

### What happens after I complete it?

Supports shared care across providers  
 Referrals go to appropriate local services  
 Complements - not replaces - clinical judgement

### Common Myths

**Myth:** Best Start takes too long  
**Reality:** Most users complete key sections in under 10 minutes  
**Myth:** I need to do everything  
**Reality:** Use what's helpful at that moment



Designed to support connected, equitable care across the early life journey.

✉ [Gen2040@nhc.maori.nz](mailto:Gen2040@nhc.maori.nz)

🌐 [www.Gen2040.co.nz](http://www.Gen2040.co.nz)

### Future Training Opportunity:

Drop-in support sessions will be running later this quarter for anyone who wants to see a real example or ask questions. More details to come in future updates.

### Resources:

<https://wellsouth.nz/provider-access/clinical-resources/first-2000-days/gen2040>  
<https://www.gen2040.co.nz/resources#forhealthcareproviders>

