



The *Get Healthy Information and Coaching Service* operates five days a week, Monday to Friday during the hours of 8am – 8pm.

It's free and confidential.

More Information

phone **1 300 806 258***

www.gethealthynsw.com.au

*Cost of a local call from a fixed land line.

Eligibility

To be eligible for the *Get Healthy Service*, you must live in NSW and be over 18 years of age. To make sure that the *Service* is right for you, a short health assessment will need to be completed. In some cases, you may need to get clearance from your Doctor before beginning your *Get Healthy* journey.

SHPN (CHA) 090017



www.gethealthynsw.com.au

1 300 806 258

Monday - Friday 8am - 8pm



Information about the Service



get healthy

Information & Coaching Service

1 300 806 258

Monday - Friday 8am - 8pm

The NSW Get Healthy Information and Coaching Service:

At some stage in our lives most of us would like to eat healthier, be more physically active and lose some weight. However making these changes can be difficult.

With this in mind, NSW Health has set up the *Get Healthy Information and Coaching Service*.

Get Healthy is a free, confidential telephone and web-based *Service* which helps people make lifestyle changes regarding:

- > **Healthy eating**
- > **Being physically active**
- > **Achieving and maintaining a healthy weight**



What the Get Healthy Service can do for you:

Qualified health coaches help you develop personal health goals and create an action plan to make your goals become a reality.

As a participant of the *Get Healthy Service*, you will receive up to 10 telephone-based coaching calls over six months.



Your *Get Healthy* coach will support you to develop and maintain motivation, identify problem areas and create solutions for successful lifestyle change.

Your *Get Healthy* coach will **ring** at times that suit you. You can also receive emails and other reminders, and be provided with access to a secure website. On the website you can keep track of your goals with daily logs and get tips and other tools to help you keep an eye on your progress.

So what's stopping you from starting a healthy discussion that's all about you?

Call the *Get Healthy Service* today and start your get healthy journey.

