



Get Healthy in Pregnancy

Call 1300 806 258

Monday to Friday 8am to 8pm
Saturday 9am to 5pm

Register online at
gethealthynsw.com.au/pregnancy



Free access to interpreter services and the National Relay Service are available.

Follow us on Facebook or Instagram

 Healthy Eating Active Living NSW

 @healthyeatingactivelivingsw

SHPN (CPH) 230345
SKU AGHIPDL23
February 2024 © NSW Health



Looking after your health and wellbeing during pregnancy can help you give your baby the best start to life



Get Healthy in Pregnancy

Keeping mob healthy through pregnancy





Get Healthy in Pregnancy is a free program that supports Aboriginal and Torres Strait Islander people to stay healthy during and after pregnancy.

What are the benefits?

We'll help you set health goals that matter to you and give you support to stay on track.

Eating well and keeping active during pregnancy can help you:



sleep better



improve your digestion



lessen lower back pain



have more energy



have a more active labour



improve your wellbeing



What's involved?

Get Healthy in Pregnancy fits in with your life. You will get coaching over the phone and online at times that suit you, plus extra support through emails and texts.

When you join Get Healthy in Pregnancy, you'll get:

- support from Aboriginal health coaches
- 6 or more regular phone and video coaching calls
- tools and guides to help you stay on track
- help to get through any blocks to reaching your health goals
- reminders about appointments

Speak to your GP, midwife or obstetrician today about joining Get Healthy in Pregnancy.

Our Aboriginal health coaches will help you to:

- eat well and keep active
- improve your health and wellbeing
- stay on track and motivated
- stay within a healthy pregnancy weight range
- avoid drinking alcohol
- return to a healthy weight after birth
- access support to quit smoking

