



Get Healthy Service

Free health coaching and online support to help your patients reach their health goals and lower their risk of disease.

The Get Healthy Service complements your care by helping your patients build healthy habits. When you refer your patient, they will receive:

- ✓ their own qualified health coach
- ✓ motivation and support to set and reach their health goals
- ✓ 6 or more regular confidential phone and video coaching calls at a time that suits them
- ✓ tools and guides to help them stay on track
- ✓ support to overcome any blocks to reaching their health goals
- ✓ reminders about health coaching appointments



More than **95%** of participants report being satisfied or very satisfied with the Service (June 2023).



Refer your patient today by visiting gethealthynsw.com.au/refer or via medical software where available.

Call 1300 806 258
Monday to Friday 8am to 8pm
Saturday 9am to 5pm
gethealthynsw.com.au

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

