



# Get Healthy Service

Free phone and online health coaching supporting people in NSW to improve their health.

Our qualified health coaches offer support and tools to help you make lifestyle changes.



Set and achieve goals



Eat well and be physically active



Reduce alcohol



Reach and stay at a healthy weight



Gain a healthy amount of weight in pregnancy



Stay active during and after cancer treatment

The program is designed to fit in with your life. Phone and online health coaching is available at a time that works for you.



Call a health coach, sign up online, or ask your health professional for a referral.

Call 1300 806 258  
Monday to Friday 8am to 8pm  
Saturday 9am to 5pm  
[gethealthynsw.com.au](http://gethealthynsw.com.au)

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

