



Get Healthy in Pregnancy

Free evidence-based phone and online health coaching service for pregnant women in NSW

Our health coaches are university qualified and offer support and tools to help you stay healthy during your journey from pregnancy, to birth and beyond.



Set and achieve goals



Eat well and keep active



Avoid alcohol



Gain a healthy amount of weight in pregnancy



Keep on track and motivated



Achieve a healthy weight after birth

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

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

