Getting healthy is just a call away

If you're over 16 years of age, live in NSW and would like to have better health, the Get Healthy Service is for you

Get started on your health journey today

Get Healthy Service

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

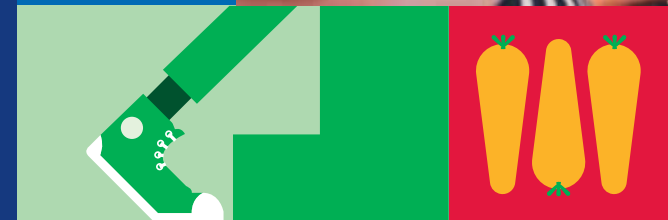Free access to interpreter services and the National Relay Service are available

Scan the QR code to visit the Get Healthy website

NSW GOVERNMENT

Get Healthy Service

Free health coaching to reach goals that matter to you

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gethealthynsw.com.au

NSW GOVERNMENT

Get Healthy Service

About the service

The Get Healthy Service is completely free and tailored to your needs.

Our qualified health coaches are ready to support you to:

- eat well and be physically active
- reach and stay a healthy weight
- improve your wellbeing
- manage your health while living with type 2 diabetes or cancer
- drink less alcohol

"It was very hard to start but once you do it's too easy and now it's become part of my everyday life."

Parminder

"We do a lot more as a family now, especially with the kids."

Wendy

Benefits

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

goals and actions

tracking progress

encouragement

solutions

information

Follow us on Facebook or Instagram

Healthy Eating Active Living NSW

@healthyeatingactivelivingnsw

How it works

The Get Healthy Service 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, you'll get:

- your own qualified health coach
- 6 or more regular phone and video coaching calls
- tools and guides to help you stay on track
- reminders about appointments
- help to overcome challenges to reaching your health goals

To join the Get Healthy Service call 1300 806 258 Monday to Friday 8am to 8pm Saturday 9am to 5pm or register online at **gethealthynsw.gov.au**