



## Support is just a call away

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

## Get started on your healthy pregnancy journey today

## Get Healthy in Pregnancy

Free health coaching to help you stay healthy through pregnancy and beyond

Call 1300 806 258

Monday to Friday 8am to 8pm

Saturday 9am to 5pm

[gethealthynsw.com.au/pregnancy](https://gethealthynsw.com.au/pregnancy)

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



Scan the QR code to visit the Get Healthy in Pregnancy website



SHPN (CPH) 230343  
SKU ID GHIPDL23  
October 2024 © NSW Health



# Get Healthy in Pregnancy

## About the service

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

Through your pregnancy journey and beyond, our qualified health coaches will support you to:

- eat well and be physically 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

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

## Benefits

Eating well and being physically active during pregnancy can help you:



sleep better



have more energy



lessen lower back pain



improve your wellbeing



improve your digestion



have a more active labour

## How it works

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.

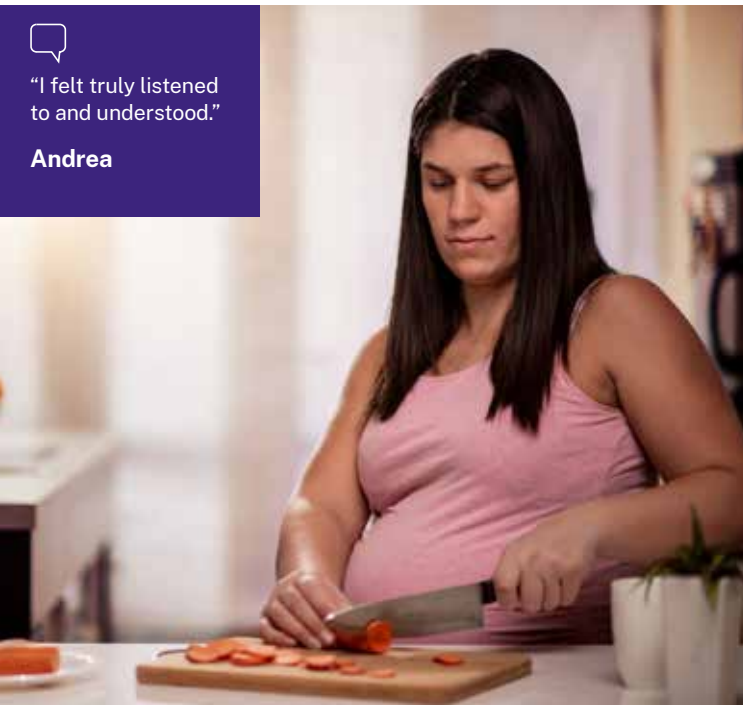
When you join Get Healthy in Pregnancy, you'll get:

- your own qualified coach
- 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



"I felt truly listened to and understood."

Andrea



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Healthy Eating Active Living NSW



@healthyeatingactivelivingsw



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