

## 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 in pregnancy, birth and beyond

Call 1300 806 258  
Monday to Friday, 8am to 8pm

[gethealthynsw.com.au/get-healthy-in-pregnancy](https://gethealthynsw.com.au/get-healthy-in-pregnancy)

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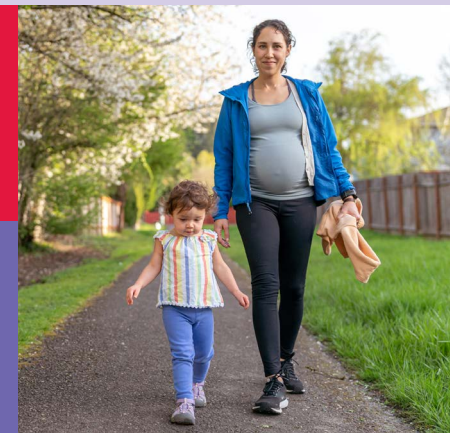
Free interpreter services available



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



SHPN (CPH) 230343  
SKU ID GHIPDL23  
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# Get Healthy in Pregnancy

## About the service

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

During your journey from pregnancy, to birth and beyond, our university qualified health coaches will support you to:

- set and achieve your goals
- eat well and keep active
- stay within a healthy weight range
- improve your wellbeing
- stay on track and motivated
- avoid drinking alcohol
- return to a healthy weight after your birth



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

## Benefits

Eating healthy and being active during pregnancy helps you with:



better sleep



more energy



less lower back pain



feel less stressed and anxious



improved digestion



a more active labour

## How it works

Get Healthy is designed to fit in with your life, so services are provided via phone email, text and online – all at a time that suits you.

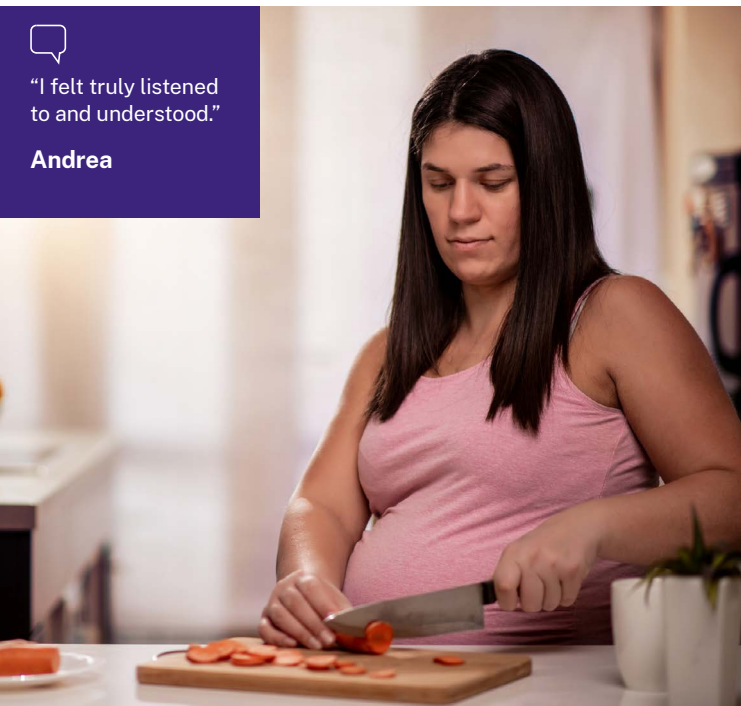
When you join Get Healthy, you'll get:

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



"I felt truly listened to and understood."

Andrea



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Healthy Eating Active Living NSW  
@healthyeatingactivelivingsw



To join Get Healthy in Pregnancy, call 1300 806 258  
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