

## 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

Free health coaching to reach goals that matter to you

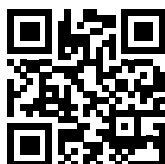
Call 1300 806 258  
Monday to Friday, 8am to 8pm

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

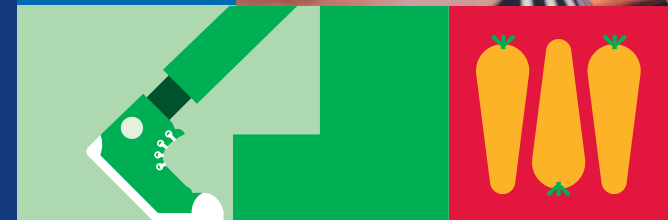
## Get Healthy Service

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or visit [gethealthynsw.com.au](https://gethealthynsw.com.au)

Free interpreter services available



Scan the QR code to visit the Get Healthy website today



SHPN (CPH) 230342  
SKU ID GHSDL23  
June 2023 © NSW Health



# Get Healthy Service

## About the service

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

Our university qualified health coaches are ready to support you to:

- eat healthy and get active
- reach and stay at a healthy weight
- improve your wellbeing
- manage your health while living with type 2 diabetes or cancer
- help you reduce the amount of alcohol you drink



"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**

## Benefits

The first step is setting health goals that are important to you. During the program you'll be supported to work toward becoming a healthier you with:



goals and actions



tracking progress



encouragement



solutions



information

## 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



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

**Wendy**



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Healthy Eating Active Living NSW  
@healthyeatingactivelivingsw



To join the Get Healthy Service, call 1300 806 258 Monday to Friday, 8am to 8pm or to register online visit: [gethealthynsw.com.au](https://gethealthynsw.com.au)