



# Get Healthy Service

Encouraging your patients to build healthy habits can support their wellbeing and help lower their risk of disease.

The Get Healthy Service complements your care by providing free health coaching and online support to help your patients reach their health goals.

## People registered in the program receive:

- ✓ access to their own university qualified health coach;
- ✓ motivation and support to set their own health goals;
- ✓ 6 or more regular confidential coaching calls at a time that suits them;
- ✓ high-quality information about their health concerns;
- ✓ support to help them track goals and actions;
- ✓ support to overcome barriers to reaching their goals;
- ✓ the option to book coaching sessions online.



More than **95%** of participants report being satisfied or very satisfied with the Service (June 2023).



Refer your patient today by visiting [gethealthynsw.com.au/health-professionals](https://gethealthynsw.com.au/health-professionals) or via medical software where available.

Call **1300 806 258**  
Monday to Friday, 8am to 8pm  
Saturday 9am to 5pm  
[gethealthynsw.com.au](https://gethealthynsw.com.au)

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

