



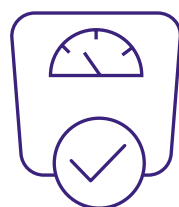
# Get Healthy in Pregnancy

As a health professional, you play a vital role in helping women stay healthy during pregnancy so that their baby has the best possible start to life.

Get Healthy in Pregnancy complements your care by providing free health coaching and online support during your patient's pregnancy, birth and beyond.

## Women 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.



**81%** of women who completed the Get Healthy in Pregnancy program did not gain more than a healthy weight, according to Institute of Medicine guidelines (2022-2023).



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.

