

Get Healthy Service

Health
coaching
to help you
get active
during and
after cancer



Get active
during and
after cancer



The Get Healthy Service offers free phone and online health coaching to help you stay well during and after cancer treatment.

Change your habits and reach your health goals:



Stay active



Eat healthy



Drink less alcohol



Reach and stay at a healthy weight

Benefits

Getting healthy and active during and after cancer treatment can help:

- ✓ boost your energy levels;
- ✓ reduce fatigue;
- ✓ reduce the side-effects of treatment;
- ✓ improve your mood and sense of wellbeing;
- ✓ lower your risk of other health issues like heart disease and diabetes.

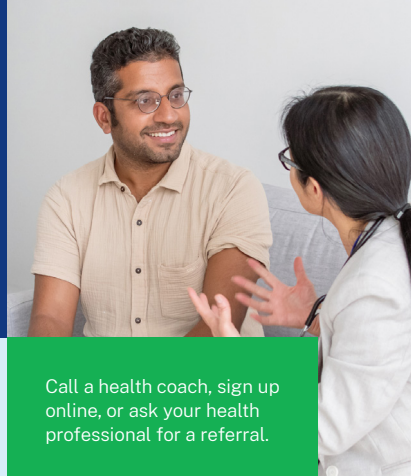
Health coaching helps you set and reach your health goals

The Get Healthy Service offers:

- ✓ university qualified health coaches;
- ✓ regular phone or video calls to keep you on track and motivated;
- ✓ health advice tailored to your needs and goals;
- ✓ safe activity ideas you can easily add into your everyday life; and more.

The Get Healthy Service offers general healthy living advice and support.

For specific advice on a cancer diagnosis or treatment, please speak to your doctor or treatment team.



Call a health coach, sign up online, or ask your health professional for a referral.



Contact information

Call **1300 806 258**

Monday to Friday, 8am to 8pm
Saturday 9am to 5pm

gethealthynsw.com.au

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

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