

Get Healthy Service

Health
coaching for
older adults



Healthy
and active
ageing



The Get Healthy Service offers free phone and online health coaching to help improve your health.

Change your habits and reach your health goals:



Eat healthy



Get active



Cut down on alcohol



Reach and stay a healthy weight



Stay active during and after cancer treatment

Benefits

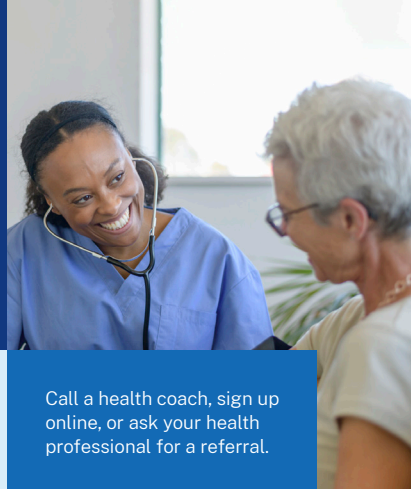
Getting healthy and active in older adulthood has many benefits.

- ✓ maintain your energy levels and concentration;
- ✓ keep your bones and muscles strong;
- ✓ improve balance and prevent falls;
- ✓ manage or lower your risk of chronic diseases like heart disease and diabetes;
- ✓ help you stay independent;
- ✓ improve your mood and sense of wellbeing.

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.



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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