




Cantonese and Mandarin speaking health coaches offer culturally appropriate coaching and resources, helping you achieve a healthier lifestyle.



*get healthy*<sup>®</sup>  
Information & Coaching Service

- 
-  Call **1300 806 258**, Mon-Fri / 8am-8pm
  -  Register online  
[www.gethealthynsw.com.au/chinese](http://www.gethealthynsw.com.au/chinese)
  -  Ask your GP or Health Professional for a referral
- 



SHPN (OPH) 190351

**FREE telephone health coaching**









**Do you want to get healthy?**

*get healthy*<sup>®</sup>  
Information & Coaching Service

## Is this program for me?

The Service is open to all NSW residents aged 16 years and over. You will get your own university qualified health coach who speaks Cantonese or Mandarin.

Your health coach could help you to:

-  Eat healthily
-  Get active
-  Achieve and maintain a healthy weight
-  Reduce your risk of developing type 2 diabetes
-  Gain or maintain a healthy amount of weight during pregnancy
-  Reduce alcohol intake

It has been very effective receiving a follow up phone call every 2 weeks from my health coach to discuss any issues with my health and topics about weight reduction, healthy eating and recipes.

每两周接受到健康指导的跟踪电话，讨论遇到的健康问题，讨论健康饮食，减重的话题，非常详细和有效 – **Chen, 47**

I have pre-diabetes. Through this Service, my knowledge about diet, exercise and maintaining a healthy body weight has deepened. I've maintained healthy habits and now my blood sugar is more stable, pre-diabetes has not become worse.

我是一个糖尿病前期患者，通过了此服务加深了我对健康饮食、运动、保持体重的认识。今天我持之以恒，我的糖尿稳定下来。没有加深， – **Michelle, 76**

## What's included?



Your own personal health coach

13

13 confidential coaching calls over six months – all at a time and day that suits you



Motivation and support to set your own healthy lifestyle goals



Information and Journey booklet to help you track your goal and actions – you can choose to receive this in simplified or traditional Chinese



Help to overcome any problem areas



Option to re-enrol for more coaching

