

Information for General Practice and Health Professionals

WHAT IS THE GET HEALTHY SERVICE?

The Get Healthy Information and Coaching Service[®] (Get Healthy Service) is a FREE telephone service staffed by university qualified health coaches aimed at supporting adults to make lifestyle changes regarding:

- Healthy eating
- Physical activity
- How to reach and maintain a healthy weight and
- Healthy weight gain during pregnancy

PROGRAMS

The Get Healthy Service offers five programs. Each are designed to support the individual needs of participants. Participants will enrol in one of the following programs:

- Standard Coaching Program
- Get Healthy in Pregnancy Program
- Type 2 Diabetes Prevention Program
- Aboriginal and Torres Strait Islander Program
- Information Only Program

PARTICIPANTS RECEIVE:

- Their own personal health coach
- 10 free coaching calls (additional calls for Aboriginal and Torres Strait Islander participants and for people at risk of Type 2 Diabetes)
- Support to make changes over 6 months
- An information booklet that provides additional information to support participants to achieve their goals
- A coaching journal to record goals and actions
- After completing the coaching program, participants are welcome to re-enrol or opt to continue coaching support via SMS through the **Get Healthy Stay Healthy** program

The Get Healthy Service is targeting individuals at risk of developing chronic disease due to having one or more of the following risk factors:

- not meeting healthy eating guidelines;
- inadequate physical activity; and
- being overweight

WHO CAN JOIN THE GET HEALTHY SERVICE?

Anyone over the age of 16 years living in QLD can join the Get Healthy Service.

The Service includes free interpreters for people who do not speak fluent English and services for people who are deaf, hearing impaired or speech impaired

IS THE GET HEALTH SERVICE EFFECTIVE?

Independent evaluation of the Service shows that participants who successfully complete the 6 month program lose 3.8kg and reduce their waist circumference by 5.1cm. Findings show 56% of participants who complete the 6 month coaching program lose between 2.5-10% of their original body weight.

WHY SHOULD I REFER PATIENTS TO THE GET HEALTHY SERVICE?

- GPs and Health Professionals are well placed to reach those in the community who are most at need of the assistance that the Get Healthy Service can offer, both in terms of a client's socio-demographic profile but also their risk factor profile.
- The Get Healthy Service is an effective service that can complement patient care provided by GPs and other Health Professionals.
- Retention of participants is greater when referred by a GP or Health Professional.
- The Get Healthy Service can provide you with participant updates at baseline, mid-point and when a participant graduates (with participant's consent).

HOW DO I REFER PATIENTS TO THE GET HEALTHY SERVICE?

- Referral forms for General Practitioners and Health Professionals can be found at

www.gethealthy.qld.gov.au/refer-your-patients

- Download the form, complete for each patient and send to the Get Healthy Service.
- Referral forms can be scanned and emailed to refergethealthy@health.qld.gov.au or faxed to 1300 013 242

Enquires can be directed to GetHealthy@health.qld.gov.au

