

Get Healthy Service

Free phone and
online health
coaching to lower
your risk of type
2 diabetes or
help you manage
diabetes



Prevent
and
manage
diabetes



Get Healthy Service coaches are qualified health professionals who offer free support and tools to help you:



Reduce your risk of developing type 2 diabetes



Manage your health while living with diabetes



Be active, strengthen your body and reduce sitting time



Access services to quit smoking and vaping



Make healthier food choices



Drink less alcohol



Scan the QR code to sign up online, ask your health professional for a referral, or call to register.



Benefits of healthy eating and physical activity to prevent type 2 diabetes or manage diabetes

- ✓ Improved blood glucose control
- ✓ Improved wellbeing
- ✓ Prevent diabetes related health issues
- ✓ Reach and stay at a healthy weight
- ✓ Better sleep



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.

SHPN (CPH) 250989 | SKU ID GHSDAPC25
January 2026 © NSW Health