

Get Healthy in Pregnancy

Free phone and
online health
coaching to help
you stay healthy
through pregnancy
and beyond



For you
and your
baby



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



Make healthier food choices



Manage gestational diabetes



Be active, strengthen your body and reduce sitting time



Stop drinking alcohol



Gain a healthy amount of weight in pregnancy



Access services to quit smoking and vaping

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



Prepare your body for labour and recovery



Benefits of healthy eating and physical activity during pregnancy

- ✓ Better sleep
- ✓ More energy
- ✓ Less lower back and pelvic pain
- ✓ Improved wellbeing
- ✓ Improved digestion
- ✓ Lower risk of gestational diabetes



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) 250988 | SKU ID GHIPPC25
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