

Get Healthy Service

Free phone and
online health
coaching supports
you to reach the
health goals that
matter to you



Reach
your
health
goals



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



Make healthier food choices



Drink less alcohol



Be active, strengthen your body and reduce sitting time



Reach and stay at a healthy weight



Manage your health if you are at risk of, or have conditions like diabetes and cancer



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.



Benefits of health coaching

- ✓ Clear steps to reach your goals
- ✓ Track progress along the way
- ✓ Feel supported to keep going
- ✓ Build skills to manage challenges
- ✓ Personalised advice and support from a qualified coach
- ✓ Improved health outcomes



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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