

Getting healthy is just a call away

If you're over 16 years of age, live in NSW and would like to have better health, the Get Healthy Service is for you

Get started on your health journey today

Get Healthy Service

Free health coaching to reach goals that matter to you

Call 1300 806 258

Monday to Friday 8am to 8pm

Saturday 9am to 5pm

gethealthynsw.com.au

Get Healthy Service

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Saturday 9am to 5pm

or visit

gethealthynsw.com.au

Free access to interpreter services and the National Relay Service are available



Scan the QR code to visit the Get Healthy website

SHPN (CPH) 230342
SKU ID GHSDL23
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Get Healthy Service

About the service

The Get Healthy Service is completely free and tailored to your needs.

Our qualified health coaches are ready to support you to:

- eat well and be physically active
- reach and stay a healthy weight
- improve your wellbeing
- manage your health while living with type 2 diabetes or cancer
- drink less alcohol



"It was very hard to start but once you do it's too easy and now it's become part of my everyday life."

Parminder

Benefits

We'll help you set health goals that matter to you and give you support to stay on track.



goals and actions



tracking progress



encouragement



solutions



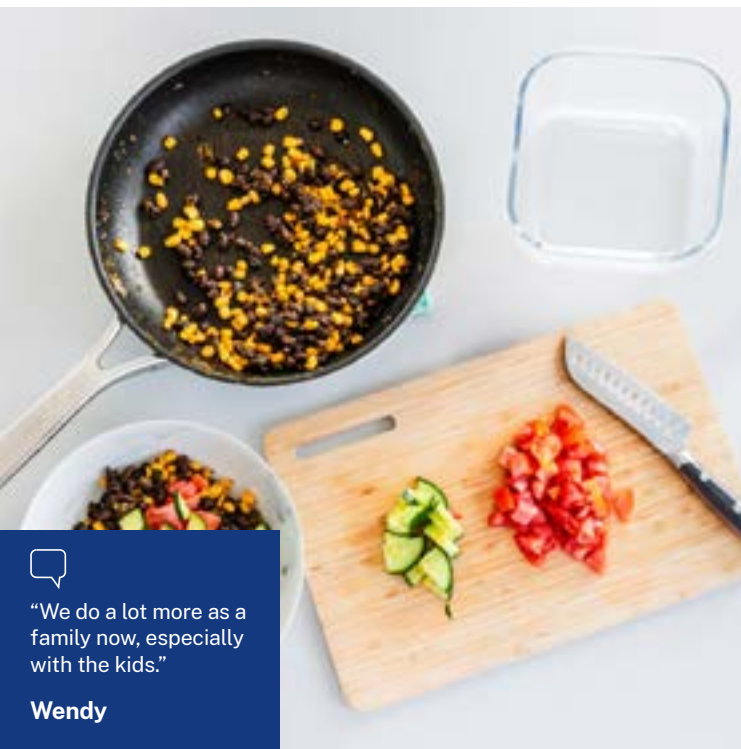
information

How it works

The Get Healthy Service fits in with your life. You will get coaching over the phone and online at times that suit you, plus extra support through emails and texts.

When you join Get Healthy, you'll get:

- your own qualified health coach
- 6 or more regular phone and video coaching calls
- tools and guides to help you stay on track
- reminders about appointments
- help to overcome challenges to reaching your health goals



"We do a lot more as a family now, especially with the kids."

Wendy

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Healthy Eating Active Living NSW



[@healthyeatingactivelivingnsw](https://www.instagram.com/healthyeatingactivelivingnsw)



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