

**FREE**  
Telephone Service

*get healthy*<sup>®</sup>  
Information & Coaching Service

**get healthy**  
for you and your family



Simply phone: **1300 806 258**  
Monday - Friday 8am - 8pm  
[www.gethealthy.sa.gov.au](http://www.gethealthy.sa.gov.au)

If you need to speak to an interpreter, call the  
Translating and Interpreting Service on 131 450  
and ask for the Get Healthy Service



Government  
of South Australia

SA Health