

FREE
telephone service

get healthy[®]

Information & Coaching Service

“I want to be healthy!”



- Get your own expert health coach
- Make healthier eating choices
- Be more physically active
- Achieve and maintain a healthy weight

Simply phone:

1300 806 258

Monday - Friday 8am - 8pm

www.gethealthy.sa.gov.au



Government of South Australia
SA Health

*A joint Australian, State and Territory initiative under the
National Partnership Agreement on Preventive Health.*

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