

**FREE**  
telephone service

# get healthy<sup>®</sup>

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](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

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