

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

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.