

FREE
telephone service

get healthy[®]

Information & Coaching Service



- Learn to be more active
- Make healthier choices
- Learn healthier eating habits
- Receive expert personal coaching
- Maintain a healthy weight

1300 806 258

Monday - Friday 8am - 8pm

www.gethealthy.sa.gov.au

Free interpreter services available



Government of South Australia
SA Health

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