

# Get support to get healthy



**FREE**  
telephone service

- Get your own expert health coach
- Achieve and maintain a healthy weight

- Make healthier eating choices
- Be more physically active



SA Health

Call *Get Healthy!* Mon–Fri 8am–8pm  
**1300 806 258**  
[www.gethealthy.sa.gov.au](http://www.gethealthy.sa.gov.au)

*get healthy*<sup>®</sup>  
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