

# Benefits to your business

**get healthy**<sup>®</sup>  
Information & Coaching Service



## How do healthy workers benefit my business?

No matter what business you're in, supporting your workers' health makes sense. Healthy workplaces have:

- lower absenteeism
- happier workers
- more productive workers
- more motivated workers

## What is the Get Healthy Information and Coaching Service<sup>®</sup>?

It's an independent, free and confidential telephone-based information and coaching service for people who want to lose weight, eat better and exercise more. The Get Healthy Service is provided by SA Health.

## What are the benefits for my workers?

Workers get the chance to improve their health and wellbeing.

The Get Healthy Service has helped thousands of people make changes to their lifestyles and it can help you get results too! People who have been through the coaching program lose an average of 5cm from their waist and 3.9kg from their weight.



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

**FREE**  
telephone service



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

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

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## How do I get involved?

We all know that when we feel better, we work better. By offering the Get Healthy Service to your workers, you send them a positive message that they are valued.

Here are some ways to promote the Get Healthy Service to your workers:

- tell them about it at meetings and via email
- hand out brochures
- put up posters in your workplace



## How does it work?

Making the change to healthier eating habits and finding ways to exercise more is much easier with support.

All Get Healthy Service participants get access to the following, free of charge:

- an expert personal health coach
- up to ten individually tailored telephone coaching sessions
- support to set goals, maintain motivation, overcome barriers and to make lasting lifestyle changes
- an information booklet and coaching journal
- a website with tools to help keep track of your progress

## Healthy workers = more productive workplace

*“My workers were really interested when I told them about the Get Healthy Service and a couple of them have joined up – they’re working hard on achieving their goals and they’re having fun while they do it.”*

Ian, business owner and supporter of the Get Healthy Service

**Service available Monday to Friday 8am – 8pm**  
**Call 1300 806 258 or visit [www.gethealthy.sa.gov.au](http://www.gethealthy.sa.gov.au)**

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