



**Start a
healthy
discussion
that's all
about you.**

get healthy[®]
Information & Coaching Service
1300 806 258
www.gethealthy.sa.gov.au



Government
of South Australia
SA Health

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Monday - Friday 8am - 8pm

FREE
telephone service



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About the service:

The *Get Healthy Information and Coaching Service*[®] is a **free, confidential** telephone-based service that helps people make lifestyle changes regarding:



- **healthy eating**
- **being physically active**
- **achieving and maintaining a healthy weight.**



The service is for **6 months** and delivers the coaching support and information you need to help reach your health goals.



What the service offers:

As a coaching participant of the *Get Healthy Service* you will:

- have your own **personal health coach**
- receive up to **10 free** coaching calls
- receive support to make changes over **6 months**
- receive an information booklet that provides you with information on what you need to do, and a coaching journal to write down your goals and actions
- access a website where you can download tools to keep track of your goals and help you keep an eye on your progress.



Your personal Get Healthy coach will assist in:

- developing personal health goals
- creating action plans
- maintaining motivation
- identifying problem areas
- creating solutions for successful lifestyle change.

So call the *Get Healthy Service* today and start your journey.



Getting started is easy!

Simply phone **1300 806 258**
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or visit www.gethealthy.sa.gov.au
Free interpreter services available