



Get Healthy in Pregnancy

Free health coaching and online support to help your patients stay healthy during and after pregnancy, giving their baby the best possible start to life.

As a health professional, you play a vital role in helping women stay healthy during pregnancy. When you refer your patient to Get Healthy in Pregnancy, they receive:

- ✓ their own qualified health coach
- ✓ motivation and support to set and reach their health goals
- ✓ 6 or more regular confidential phone and video coaching calls at a time that suits them
- ✓ tools and guides to help them stay on track
- ✓ support to overcome any blocks to reaching their health goals
- ✓ reminders about health coaching appointments.

“An amazing program that has provided support, tips, ideas and accountability throughout my journey.”

– Rebecca, GHIP participant



Refer your patient today by visiting gethealthynsw.com.au/refer or via medical software where available.

Call 1300 806 258
Monday to Friday 8am to 8pm
Saturday 9am to 5pm
gethealthynsw.com.au

Free access to interpreter services and the National Relay Service is available.

