



# Get Healthy in Pregnancy

Free phone and online health coaching service for pregnant women in NSW

Our qualified health coaches offer free support and tools to help you stay healthy through your pregnancy and beyond.



Set and achieve goals



Eat well and be physically active



Avoid alcohol



Gain a healthy amount of weight in pregnancy



Keep on track and motivated before, during and after pregnancy

The program is designed to fit in with your life. Phone and online health coaching is available at a time that works for you.



Call a health coach, sign up online, or ask your health professional for a referral.

Call 1300 806 258  
Monday to Friday 8am to 8pm  
Saturday 9am to 5pm  
[gethealthynsw.com.au](http://gethealthynsw.com.au)

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

