



# Help your patients eat well, keep moving and stay independent

Join other health professionals empowering older adults to take control of their health. Refer to the Get Healthy Service for free phone and online health coaching.

## Why refer your patient?

- ✔ Complements your care
- ✔ Relevant and practical information for older adults
- ✔ Helps to reduce and monitor the risk of falls
- ✔ Reduces risk factors and manages chronic diseases
- ✔ Promotes active and healthy lifestyles
- ✔ Provides encouragement and builds confidence
- ✔ Printed materials to help patients stay on track
- ✔ Respectful, inclusive and culturally aware support

Patients can access Aboriginal health coaches, bi-lingual health coaches, interpreter services and the National Relay Service to ensure a safe and accessible experience.

## Simple referral and follow up process

- 1 Refer online at [gethealthynsw.com.au/refer](http://gethealthynsw.com.au/refer) or via electronic medical record (eMR) or other medical software
- 2 Patients receive a call
- 3 Ongoing reports available for GP management



For referral forms, resources and information, visit [www.gethealthynsw.com.au](http://www.gethealthynsw.com.au)

