



Want to be active, eat well and feel great?

Free phone and online health coaching.

Get personalised support to boost your mood, get stronger and have more energy, in a way that works for you.



Speak with a health coach for personalised information and advice



Phone and online calls with online resources to support your journey



Get tailored resources to read at your own pace at home

We are here to help you every step of the way. Aboriginal health coaches, bi-lingual health coaches, interpreter services and the National Relay Service are available.



Take the first step.
Register today.

Ask your health professional for a referral, or call 1300 806 258
Monday to Friday 8am to 8pm
Saturday 9am to 5pm
Or visit gethealthynsw.com.au

