



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

*get healthy*<sup>®</sup>

Information & Coaching Service

**1 300 806 258**

Monday - Friday 8am - 8pm

The Get Healthy Information & Coaching Service<sup>®</sup>  
is a NSW Health *Live Life Well* Initiative.

[www.gethealthy.tas.gov.au](http://www.gethealthy.tas.gov.au)

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Tasmania  
Explore the possibilities

**FREE**  
Tasmanian Health Service

**Do you  
want to  
get  
healthy?**

See inside to find out how.

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# get healthy®

Information & Coaching Service

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is a NSW Health *Live Life Well* Initiative.



## About the Service:

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



- > **Healthy eating**
- > **Being physically active**
- > **Achieving and maintaining a healthy weight**



The *Service* runs 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.

## Getting Started is Easy!

Simply phone **1 300 806 258**.

Or send an email with your contact details to **contact@gethealthy.tas.gov.au** and a qualified health coach will call you back on the next business day.



## Get Healthy Coaching:

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.

