

# BETTER HEALTH CO.

## Better Health Coaching for South Australians

The Better Health Coaching Service is a free, confidential, telephone based program designed to help South Australians aged between 18 and 74 years, with a BMI of 27 or above, to eat well, be active and maintain a healthy weight.



Each participant is supported by a qualified health professional who provides ten free personalised coaching calls across 6 months, with the option of completing the calls weekly or fortnightly.

Whether it's finding ways to be more active, learning how to make healthy choices at the supermarket, reducing your alcohol intake or maintaining a healthy weight, your health coach will help motivate and guide you to set and achieve your health goals.

**For more information or to sign up**

 **1300 822 953**

Monday to Friday 9am-5pm  
(excluding public holidays)

**Or visit:**

 [betterhealth.sa.gov.au](https://betterhealth.sa.gov.au)



Government  
of South Australia

**Wellbeing SA**

The Better Health Coaching Service is provided for free to eligible South Australians through funding by Wellbeing SA

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## What does the Better Health Coaching Service involve:

### Regular, personalised support

10 x free one-on-one health coaching calls with a qualified health professional, with appointments available Monday to Friday 8am – 8pm (excluding public holidays).

### Practical resources sent to your home

You'll receive a:

- Recipe book
- Measuring tape
- Food portion cup
- Nutrition panel reading tool
- Water bottle.

### Regular updates provided to your GP


Your nominated GP or health professional will receive updates on your progress, to keep them informed of your achievements.

## Sign up now

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Scan the QR  
code to sign  
up online



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## Wellbeing SA

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