

BETTER HEALTH CO.

Better Health Coaching for South Australians

The Better Health Coaching Service is a phone-based health program designed to help adults achieve their health goals. It's FREE for eligible South Australians.



Are you aged 18-74 years with a BMI of 27 or above and looking for support to:

- learn how to make healthy food choices,
- to be more active,
- reduce your alcohol intake, or
- maintain a healthy weight?

A qualified health professional will guide you through 10 free coaching calls over a period of 6 months.

Talk with your GP to see if this program is suitable for you.



OR sign up via the details below.

 **1300 822 953**

Monday to Friday 9am-5pm

 **betterhealth.sa.gov.au**



Government of South Australia
Preventive Health SA

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

BETTER HEALTH CO.



What does the Better Health Coaching Service involve:

Regular, personalised support

10 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 chosen doctor or health professional will get updates on how you are doing, to keep them informed of your progress.

Sign up now

 **1300 822 953**

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

Or visit:

 betterhealth.sa.gov.au

Scan the QR
code to sign
up online



Government of South Australia
Preventive Health SA

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