

# Better Health Coaching Referral form

**BETTER HEALTH CO.**

**1300 822 953**

Monday to Friday 9am-5pm (ACST)

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

The Better Health Coaching Service is a confidential, telephone-based program that links eligible South Australians with a qualified health professional to support and motivate them to reach their health and wellbeing goals.

The Better Health Coaching Service is free to eligible South Australians aged between 18 and 74 years, with a BMI equal to or more than 27 and seeking support to build and maintain healthy lifestyle habits.

Make a  
referral  
online:



Please complete this form and email to [info@betterhealthcompany.org](mailto:info@betterhealthcompany.org) or fax to **1300 325 301**

## Participant Details


Full name:				Date of birth:	
Address:					
Suburb:				Postcode:	
Male	Female	Non-Binary	Prefer not to answer	Mobile:	
Email					
Waist circumference if known:	Height (cm):	Weight (kg):	BMI (kg/m2):		
Pregnant: Yes/No - If yes, how many weeks:			If yes, pre-pregnancy weight (kg):		
Is an interpreter or National Relay Service required?:			If yes, what language?:		
Is the participant of Aboriginal or Torres Strait Islander origin? Yes - Aboriginal Yes - Torres Strait Islander No					

## Reason for referral / Comments

Please confirm main reason for referral\* (e.g. Type of chronic condition: diabetes/pre-diabetic, CVD, osteoarthritic, cancer rehabilitation, pre-surgery, healthy pregnancy, weight loss/management, general healthy lifestyle support)

Comments and any other relevant information.

## Health Professionals Details Please complete the details below, or provide a health professional's stamp of authority.

Referrer's name:				
Referrer's health profession:				
Name of organisation/hospital:				
Hospital department (if referring from hospital)				
Email:	Phone:			
Address:	Postcode:			
Fax:	Preferred contact method for referral updates: Post Email Fax			

Information contained in this referral form is confidential. If you are not the intended recipient, any use, disclosure or copying of this document is unauthorised. If you have received this document in error, please contact the referrer.

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