get healthy®
Information & Coaching Service

Simply call **1300 806 258**
www.gethealthynsw.com.au

NSW GOVERNMENT | Health

Get Healthy Information & Coaching Service

Information for General Practice and Health Professionals

WHAT IS THE GET HEALTHY SERVICE?

The Get Healthy Information and Coaching Service® (Get Healthy Service) is a FREE telephone service staffed by university qualified health coaches aimed at supporting adults to make lifestyle changes regarding:

- Healthy eating
- Physical activity
- Alcohol reduction
- How to reach and maintain a healthy weight and
- Healthy weight gain during pregnancy

The Service offers participants:

- Their own personal health coach
- 10 free coaching calls (additional calls for Aboriginal participants and for people at risk of Type 2 Diabetes)
- Support to make changes over 6 months
- An information booklet that provides additional information to support participants to achieve their goals
- A coaching journal to record goals and actions

After completing the coaching program, participants are welcome to re-enrol. The Service includes free interpreters for people who do not speak fluent English and services for people who are deaf, hearing impaired or speech impaired.

WHO CAN JOIN THE GET HEALTHY SERVICE?

Anyone over the age of 16 years living in NSW can join the Get Healthy Service.

The Service is targeting individuals at risk of developing chronic disease due to having one or more of the following risk factors:

- not meeting healthy eating guidelines;
- inadequate physical activity; and
- being overweight.

IS THE GET HEALTHY SERVICE EFFECTIVE?

Independent evaluation of the Service shows that participants who successfully complete the 6 month program lose 3.8kg and reduce their waist circumference by 5.1cm. Findings show 56% of participants who complete the 6 month coaching program lose between 2.5-10% of their original body weight.

WHY SHOULD I REFER PATIENTS TO THE GET HEALTHY SERVICE?

- GPs and Health Professionals are well placed to reach those in the community who are most at need of the assistance that the Get Healthy Service can offer, both in terms of a client's socio-demographic profile but also their risk factor profile.

- The Get Healthy Service is an effective service that can complement patient care provided by GPs and other Health Professionals.

- Retention of participants is greater when referred by a GP or Health Professional.

- The Get Healthy Service can provide you with participant updates at baseline, mid-point and when a participant graduates (with participant's consent).

HOW DO I REFER PATIENTS TO THE GET HEALTHY SERVICE?

- Referral forms for General Practitioners and Health Professionals can be found at

  www.gethealthynsw.com.au /refer-your-patients

- Download the form, complete for each patient and send to the Get Healthy Service.

- Referral forms can be emailed to

  contact@gethealthynsw.com.au or faxed to **1300 013 242.**

  Alternatively, you can post referrals to

  Get Healthy Information & Coaching Service PO Box 63, North Ryde BC NSW 1670.

- Referral forms are also available on Medical Director and Best Practice software

WHY IS MEDICAL CLEARANCE REQUIRED FOR SOME PARTICIPANTS?

While the Get Healthy Service is suitable for most people, participants who have a medical condition that is not stable or is not being managed by an appropriate Health Professional may be asked to see their doctor to get medical clearance before participating.

ADDITIONAL SUPPORT

• General Practitioners and Health Professionals can earn points toward their ongoing Health Professional development by participating in a ThinkGP educational activity that supports doctors and Health Professionals to encourage healthy lifestyle changes in their patients.

thinkgp.com.au/education/managing-patients-lifestyle-get-healthy-information-and-coaching

• A range of resources have been developed to assist General Practitioners and Health Professionals promote the Get Healthy Service.

www.gethealthynsw.com.au/professionals-resources

GET HEALTHY SERVICE PARTICIPANT

Name: Ian
Age: 61 years

Prior to the program Ian was eating unhealthy food, sugary drinks and hardly any fruit and vegetables.

Ian set a goal with his coach to be more active and improve his eating habits – *'I have gone from being an overweight guy who didn't exercise, to now considering myself as very fit, very healthy. This has turned my life around!'*

Ian now bushwalks regularly and has competed in his first Oxfam Trail Walk.

After 6 months he had lost 22.6kg and 27cm off his waist.

'I don't see this as a diet that I have been on; I see this as a lifestyle change as I have changed how I go about my life. It is not a diet, it is my life.'

GET HEALTHY SERVICE REFERRER

Name: Denise Barwick

Denise Barwick is currently an Aboriginal Youth Health Worker working at the Aboriginal Corporation Health Service in Wellington NSW and a referrer to the Get Healthy Service.

Denise is aware of many clients that have lost a lot of weight by participating in the Get Healthy Service. She also enjoys trying to help clients maintain the effort and changes they made by participating in Get Healthy.

'The Get Healthy Service gives clients the opportunity to set goals and track their achievements. A lot of the participants have said it's great to have the same coach all the time; the coach isn't changing every time you answer a call.

I find the process of referring is easy – you just fill a form out. Some clients may need a medical clearance – and we arrange for them to visit the doctor to get checked out.

I have clients who are really benefiting from the program and getting good advice. They have given high ratings of the program. I like that there is a mentor coaching clients on the phone and also providing support'.