

Better Health Coaching Service for Western Australians

BETTER HEALTH CO.

The Better Health Coaching Service is a **FREE**, telephone-based health program designed to help adults in Western Australia prevent or manage chronic health conditions.



Are you looking for support to:

- Make healthier food choices
- Be more active
- Manage stress better
- Improve your sleep routine
- Drink less alcohol
- Quit smoking
- Build social connections with family and friends
- Manage health conditions like diabetes, heart disease, or cancer

You are eligible for FREE support if you are:

- Over 18 years of age
- Living in Western Australia
- Looking for healthy lifestyle support to prevent or manage a newly diagnosed health condition

Talk to your GP to see if this service is suitable for you, or sign up using the details below:

 **1300 822 953**

Monday to Friday 9am-5pm (AWST).

 betterhealthcoaching.com.au/wa



Government of **Western Australia**
Department of **Health**

The Better Health Coaching Service is funded by the Department of Health Western Australia and delivered by Better Health Company.

What's included?

Personalised support

Up to 10 x 30-minute health coaching appointments with a tertiary-qualified health professional, delivered over 6 months, either weekly or fortnightly.

Motivational interviewing

One-on-one support for client-centered goal setting, problem solving, and overcoming barriers to form healthy habits.

Wellbeing tools

Hands on resources, factsheets and recipes to help adults achieve their health goals.

Online moderated forum

Access to a closed Facebook community, moderated by our team of health coaches, to connect with others also on their health journey.


Regular updates

Referring GPs and health professionals will receive updates on their patient's progress throughout the program.

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Scan the QR
code to sign
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