

FREE telehealth coaching

BETTER HEALTH CO.

Access six free calls and get personalised support for your health and wellbeing

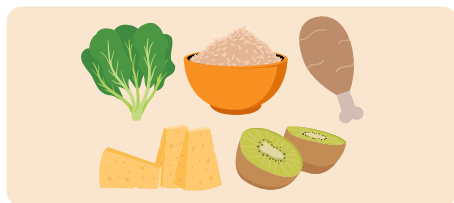


Scan to
sign up
now



Do a little to do a lot

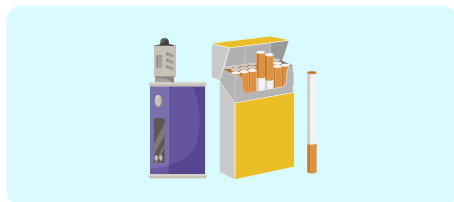
Your health journey doesn't have to be overwhelming. Health coaching helps you take small steps to make a big impact over time. Better Health Company's **FREE health coaching program** can support you if you need help with:



Nutrition



Stress management



Vaping/smoking reduction



Weight management, and much more!

Health coaches are like your own personal cheerleader. If you've got a goal, they want to help you get there!

After signing up to our program, you'll:

- ✿ Get assigned the right coach based on your focus area
- ✿ Meet with them to discuss your goals and set an action plan
- ✿ Access our app for a library of educational resources, challenges, recipes, activities and more
- ✿ Check in with your coach across six free calls to discuss progress and refine strategies to help you get from A to Z



You can claim your free calls if you:

- ✓ Are 13-25
- ✓ Live, study or see a health professional in Central and Eastern Sydney
- ✓ Want support with a personal health goal

Scan the code or visit our website to book your first of six calls



 **1300 822 953**

betterhealthcompany.org/cesphn