

Healthy Habits

Client Information

Health coaching and support for people who want to develop healthy habits for improved health and wellbeing

What is the Healthy Habits Program?

Healthy Habits is a tailored wellbeing program supporting people to improve their overall health and wellbeing through individualised health coaching and/or healthy lifestyle groups.

Healthy Habits Care Coordinators and Healthy Lifestyle Coordinators walk alongside you to identify the health factors you need support with; to create a sustainable healthy lifestyle – this may include:

- Nutrition
- Physical Activity
- Mental Health & Wellbeing

Who Can Access the program?

People of any age who wish to develop health habits for improved health and wellbeing.

Clients aged <16 years old are eligible through family supported participation and require parental/guardian consent to access the program.

What to Expect?

After we receive your referral or you make contact with FocusOne Health, a Healthy Habits Care Coordinator will arrange to meet with you either face to face or via telephone/video to undertake an initial assessment. The initial assessment will take approximately 1 hour. At the initial assessment we will develop your tailored care plan together, you will be supported to identify health and wellbeing goals that are achievable and meaningful for you. Program duration is up to 12 weeks, which is determined on a case by case basis. We aim to empower you to take control of your own health by walking alongside you and linking you with the programs and services that will support you to develop long term sustainable healthy habits.

Clients Can Expect to Receive:

- Health coaching that supports you to develop healthy habits
- Linkages to healthy lifestyle groups targeted to your needs
- Support in accessing the most appropriate service and supportive referral pathways
- Client centered approach to care
- Confidential service
- Excellent service provision from a team of highly skilled and qualified staff

Fees and Location:

This service is funded by Country SA PHN and is free to clients, Healthy Habits is available at the following locations:

- Riverland, Limestone Coast and Murray Bridge

Referral:

To access this service contact FocusOne Health on 08 8582 3823, no formal referral is required

If you are in need of immediate care or in an emergency situation phone 000. FocusOne Health is not a crisis or emergency service. This information flyer should be read in conjunction with FocusOne Health's Customer Service Charter and Consumer Information Flyer.

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