

My Healthy Balance

Your path to a healthier life

Looking for a free, evidence-based online healthy lifestyle program?

Key features of My Healthy Balance:

- Informative and interactive healthy lifestyle learning modules
- Option of a 4-week, 6-week, 8-week or 12-week program
- Program support including emails and motivational text messages
- Focus on achieving wellbeing through healthy habits



Your path to a healthier life starts here
www.myhealthybalance.com.au

To organise a demo at your workplace, email support@myhealthybalance.com.au or call 1300 136 588

My Healthy Balance

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Your path to a healthier life starts today..

1

Go to myhealthybalance.com.au and create your account.

2

Build your health profile, set a goal and develop your action plan.

3

Work your way through a series of fun, interactive and supportive modules at a pace that is right for you.

Get started now at www.myhealthybalance.com.au



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

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diabeteswa®

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