

# 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](http://www.myhealthybalance.com.au)

To organise a demo at your workplace, email [support@myhealthybalance.com.au](mailto:support@myhealthybalance.com.au) or call 1300 136 588

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## Your path to a healthier life starts today..

1

Go to [myhealthybalance.com.au](http://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](http://www.myhealthybalance.com.au)



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

Healthier  
**Workplace WA** >  
>com>au

  
**diabeteswa**®

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