



HealthRight Resources

Sample Referral Card:

Front



Back

Get your health right
See a GP
For a physical health check
Act now... make an appointment today.

Date: Time:

Doctor's name:

Practice Address:

Phone Number:

Sample Postcard Front



Sample Poster

Healthy Body Healthy Mind

5 ways to look after your physical health :

Smoke less	Reduce the number of cigarettes you smoke per day	
Eat for health	Eat more fruit and vege and less junk food, cakes and chips.	
Drink Safe	No more than 3-4 standard drinks per day for men, 1-2 for women	
Be active	Find 30 minutes of physical activity a day	
Ask for help	See a GP for a physical health check every 12 months	

Get your health right and feel better in the mind and body!

Logos: HealthRight, The University of Western Australia, Department of Health, HealthWay

Postcard Back

I know smoking is bad for my health, but it's so hard to stop ... its just not worth the effort

Controlling smoking is worth the effort.

Reduce the number of cigarettes you smoke per day and you will breathe better, feel stronger. It also saves you heaps of money.

Ask your GP for help or go to healthright.org.au for more tips on how to control smoking.

Logos: HealthRight, Department of Health, The University of Western Australia, HealthWay

