



REFERRAL FORM

The Think, Eat & Move (TEAM) program is a FREE, healthy lifestyle program for adolescents.

Adolescents are eligible if they are above a healthy weight, diagnosed with a chronic health condition or demonstrate increased risk of diet and lifestyle disease (assessed via a screening questionnaire).

It is funded by Central and Eastern Sydney PHN and free for those living, studying or seeing a health professional in the area. Delivered over eight weeks, the program combines engaging online sessions with professional coaching to encourage practical, lasting lifestyle changes.

Fax: **1300 325 301** or Email: **info@betterhealthcompany.org**

Family details

Parent/Carer name*:	Relationship to child:
Contact number*:	Email address:
Home address:	Postcode*:

Referral 1

Name*:	Date of birth:	
Gender	Height:	Weight:

Referral 2

Name*:	Date of birth:	
Gender	Height:	Weight:

Comments / other relevant information

Health professionals details

Please complete the details below, or provide a health professional's stamp of authority.

Referrer's name*:
Name of service/practice*:
Phone number:
Email address:

* Notes mandatory field

Health Professional's stamp

For more information or to speak to a Referrals Coordinator please call

1300 899 736 or email info@betterhealthcompany.org



Better Health Company is a health promoting organisation designing and delivering evidence based healthy lifestyle solutions.

The TEAM Program is funded by Central and Eastern Sydney PHN.