

Think, Eat
and Move

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
CO.**

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.