



Act Now, Live Better

Type 2 Diabetes Program

Patient Information

Program Includes:

- One hour initial consultation with an Exercise Physiologist
- Eight one-hour group exercise and education sessions tailored to your needs and delivered by your exercise physiologist
- Individualised resource folder including your tailored exercise, diet and life-style plan
- Written report to your referring doctor
- An active approach to manage your diabetes through exercise, diet and a healthy life-style

Program Dates:

- Please enquire regarding group program commencement dates
- Day time and evening group options available
- The Group program will run weekly (8 sessions)
- An Initial consultation with an Exercise Physiologist needs to be completed prior to the first group session.

About the Program:

Our Exercise Physiologists are registered with Medicare and our program is designed within the guidelines of the **Group Allied Health Services under Medicare for Patients with Type 2 Diabetes** program.

The **Group Allied Health Services under Medicare for Patients with Type 2 Diabetes** includes a maximum of one assessment service and eight group services per patient each calendar year, with out-of-pocket costs counting towards the extended Medicare Safety Net.

To be eligible to receive a rebate for this program

- You must have **Type 2 Diabetes**
- You must have had a **Care Plan / GP Management Plan** prepared by your GP.
- Your GP will decide whether you would benefit from these services, and if so, will refer you.

Program Cost:

- A total of \$50 (out of pocket for the whole program) for people with type 2 diabetes and referred Medicare item numbers 81110 & 81115