Type 2 Diabetes Exercise Physiology

GP information for the Medicare group allied health pathway

Never Too Old to Play | Chirnside Park

For the referring GP

Your patient is interested in Exercise Physiology to support strength, cardiovascular fitness, coordination, balance, movement confidence and long-term physical activity while living with Type 2 diabetes.

MEDICARE - Type 2 Diabetes group allied health pathway

For eligible patients with Type 2 diabetes, Medicare provides access each calendar year to 1 individual assessment for group allied health services, followed by up to 8 group allied health services.

The 8 group allied health services are shared across the eligible Type 2 diabetes group allied health disciplines, so the number of Exercise Physiology group services available depends on whether any of that annual allowance has already been used elsewhere.

The assessment is used to determine suitability for group services and to develop an individualised Exercise Physiology program. The referring medical practitioner should receive a report following the assessment.

Where Medicare requirements are met, Robyn bulk bills the eligible assessment and eligible Exercise Physiology group sessions under this pathway.

WHAT HAPPENS AT NEVER TOO OLD TO PLAY

1. Individual assessment: health history, current activity, goals and clinical suitability are reviewed.
2. Monitoring as clinically appropriate: blood pressure and blood glucose monitoring are available onsite when closer monitoring is needed.
3. Individual program: a tailored Exercise Physiology program is created for the participant rather than using one generic group workout.
4. Supervised group sessions: the participant brings their own program into the group and receives supervision, modification and progression as needed.
5. Ongoing attendance: after Medicare-supported services are used, participants may continue for $16 per casual session.

Current group

Tuesday + Friday

10:30-11:30am

$16 casual after Medicare-supported services

Maximum 12 participants. Participation remains subject to clinical suitability and the relevant Medicare requirements.

Key Exercise Physiology goals

Strength, aerobic fitness, coordination, balance, functional movement, confidence with exercise, gradual progression and building a routine the participant can continue.

Robyn Papworth - Accredited Exercise Physiologist (ESSA)

Medicare Provider: 400894BY | ABN 17 415 190 263

7 Meadowgate Drive, Chirnside Park VIC 3116 | nevertoooldtoplay.com

Fax: (03) 9072 1985

Phone: 0404 058 718

Email: robyn@nevertoooldtoplay.com