

## Referral Process

1. Make an appointment with your usual doctor to see if you are eligible for a group exercise program.
2. If eligible, your doctor may book another appointment to create a Management Plan for your diabetes or review your existing Management Plan. This could take up to 45 minutes.
3. Your doctor will discuss with you the options for group exercise programs in your area and together you will select the program that best meets your needs.
4. Your doctor will complete a referral form called “**Allied Health Group Services under Medicare for patients with type 2 diabetes**” for you to take away, together with a copy of your Management Plan.
5. Make an appointment with the program facilitator for your individual assessment.
6. You are then ready to join a group exercise program at the next available starting date.

### For more information contact:

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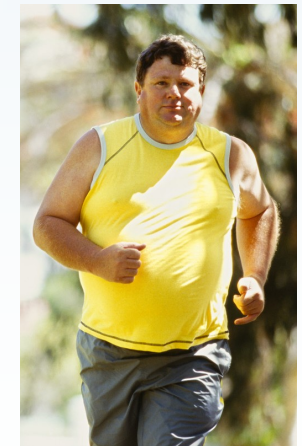
Group exercise programs are provided as part of Medicare “Group Services for patients with Type 2 Diabetes”.

The establishment of group exercise programs in the Nepean and Blue Mountains areas is facilitated by the **Diabetes Integration Project**, a joint initiative of the Nepean and Blue Mountains Divisions of General Practice. Funded by the Department of Health and Ageing under the Australian Better Health Initiative.

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# Medicare Group Exercise Programs for people with Type 2 Diabetes

## NEPEAN & BLUE MOUNTAINS



  
Nepean Division  
OF GENERAL PRACTICE

  
BLUE MOUNTAINS  
GP NETWORK INCORPORATED

  
Australian Government  
Department of Health and Ageing

## What does a group exercise program involve?

- ★ Each program includes an individual assessment followed by 8 group sessions of 1 hour duration.
- ★ During your individual assessment you will be weighed and measured and your personal health and lifestyle goals will be discussed.
- ★ The group sessions may be held in a community hall, a gym, a hydrotherapy pool or other suitable locations.
- ★ There may be up to 12 people participating in each group session.

## What will I learn?

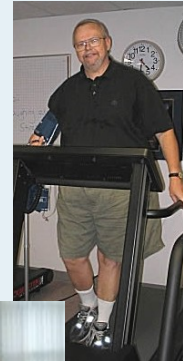
- ★ You will learn how lifestyle changes such as regular exercise and a healthy diet will help you manage your diabetes and reduce the risk of complications.
- ★ You will participate in a range of exercise activities and may be given a personal home exercise program.
- ★ You will receive practical information on making healthy food choices.
- ★ Group discussion time will provide opportunities to share experiences and ideas with other participants.
- ★ You will be provided with information on exercise options you can take up when the program finishes.

## How much does it cost?

Group exercise programs are subsidised by Medicare.

Some providers may bulk bill whilst others may charge a fee above the Medicare rate.

Check with the program facilitator for details.



## Who facilitates the programs?

The group exercise programs are delivered by Accredited Exercise Physiologists and may include sessions with Accredited Practising Dietitians or Diabetes Educators.

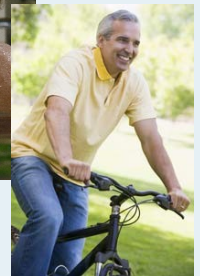
## Patient Eligibility

To be eligible for a group exercise program under the Medicare Benefits Schedule you need to meet the following criteria:

- ✓ Have a diagnosis of type 2 diabetes
- ✓ Have a General Practice Management Plan in place

*Note that a Team Care Arrangement is not required for referral to Group Services*

Eligible people are entitled to  
1 individual assessment and  
8 group services per calendar year



*Make exercise a lifetime habit!*