

Balance for Life Diabetes Program

Balance for Life is a program that is supportive and has been created to meet you exactly where you are in your diabetes journey.

It's designed by a diabetes qualified **Accredited Exercise Physiologist**, who gets it—someone who understands how diabetes can affect your energy, your confidence, and your day-to-day life.

You don't need to be “fit” to start. You don't need to do it alone.

This program will help you build a safe, realistic plan to move in a way that works for you—so you can **feel stronger, more in control, and more like yourself again.**

What's Included

This is not a one-size-fits-all program. Each component of Balance for Life is designed to support your health, safety, and long-term outcomes—tailored specifically to your medical history, diabetes management needs, and any physical limitations.

You'll receive:

- **Initial Assessment Consultation**

A comprehensive video consultation with a **Accredited Exercise Physiologist** *Tjana Furnari-Southam*, where she will discuss your health history, diabetes type, current medications, injuries, complications (such as neuropathy or cardiovascular concerns), physical activity history, and lifestyle factors. This ensures your program is **safe, individualised**, and aligned with your medical needs.

- **Individualised Exercise Program**

You'll be provided with a specific exercise plan that reflects your goals, abilities, and medical considerations. All recommendations follow **evidence-based guidelines** for managing Type 1, Type 2, and pre-diabetes through physical activity. You have access to an exercise software which gives you the option of a PDF version of your program, or a website/app version that provides videos and interactive features such as messaging.

- **Ongoing Review & Monitoring**

Regular progress reviews help ensure your program remains appropriate and effective. As your confidence or health status changes, your plan will evolve with you.

- **Collaboration with Your Healthcare Team**

With your consent, we can liaise with your **GP, Endocrinologist, or Diabetes Educator** to ensure a multidisciplinary approach to your care. We're happy to work within existing care plans (including Medicare referrals) and share relevant updates as needed.

- **Education & Self-Management Tools**

You'll receive practical resources to help you better understand how exercise affects blood glucose levels, manage your activity around medications or meals, and monitor progress using tools like our **Glucose Tracker Diary**.

- **Support & Accessibility**

All sessions and resources are delivered online, so you can access expert care from the comfort of your home. Support is available between consultations to answer questions and help you stay on track.

What You'll Need for the Program

1. **Access to the internet**

2. **Willingness to access Zoom, or preferred platform**

To participate in the consultations and follow the program remotely, you'll need to be comfortable using *Zoom*, which is easy to use and available on computers and smartphones. You will receive an invitation for your *Zoom* appointment via email. All you need to do is follow the prompts!

3. **Glucose Monitor***

Access to a glucose monitor is encouraged to track your blood sugar levels with exercise. This will help us ensure your blood glucose is managed safely throughout the program. If you don't already have one, we can recommend options for you.

- a. **The **National Diabetes Services Scheme (NDSS)** offers **subsidised products** for individuals **diagnosed with diabetes and registered with the NDSS**. You can become registered through your GP, Endocrinologist, Credentialed Diabetes Educator, Nurse Practitioner, Physician, Aboriginal Health Practitioner, or other Medical Health Practitioner that specialises in Diabetes.*

4. **Blood Pressure Monitor** - (If diagnosed with a heart condition)

If you have a heart condition, you'll need a blood pressure monitor to track your blood pressure with exercise. This ensures your exercise intensity stays safe and effective. If you are not sure whether your condition is cardiac related, we can discuss your suitability for a blood pressure monitor in the initial consultation. We'll guide you on the best models to use if needed.

Fees, Medicare & Private Health Rebates

We understand that cost is an important consideration, so we've made sure the Balance for Life program is as accessible as possible, with several **rebate options** available to help reduce out-of-pocket costs.

Fees:

Your **initial consultation** and **ongoing review consultations** are charged at standard **Exercise Physiology rates**, in line with clinical industry guidelines.

Initial: \$115.00 (60 minutes)

Subsequent: \$85.00 (30 minutes)

Medicare:

If you have a **Chronic Disease Management (CDM) Plan** (also known as an **EPC referral**) from your GP:

- You may be eligible for **rebates for up to 5 sessions per calendar year**
- A referral from your GP is required to access these rebates
- Medicare will provide a **rebate per session** (standard rebate currently \$60.35*)
- *This can happen in the background while we get sessions up and running for you!*

*Note: A small gap will apply based on the consultation type:

Initial consultation with Medicare rebate: \$54.65

Subsequent consultation with Medicare rebate: \$24.65

Private Health Insurance:

Most major private health funds provide rebates for **Exercise Physiology services**.

- Rebate amounts vary depending on your **provider** and **level of cover**
- Check with your fund to confirm your eligibility for online (Telehealth) sessions

Booking your initial consultation

If you've decided this program is the right fit for you, the next step is to **book your initial consultation**—your first 60-minute session that sets everything in motion.

Book your initial consultation through the above 'Online Bookings' tab. This tab should only be used for your initial consultation. All subsequent consultations will be booked by your practitioner.

You don't need to have everything perfect before booking—this session is designed to meet you **exactly where you are right now**. *We look forward to speaking with you soon.*

Email: info@therehabeffect.com.au

Phone: 0407 736 843

The Rehab Effect is a business located in the Cairns and Tablelands region of Far North Queensland that operates the Balance for Life Diabetes Program *online*.

