



Telehealth Exercise Physiology For People Living With Diabetes

Our Mission

At The Rehab Effect, we believe that everyone, no matter where they live, deserves the opportunity to access healthcare. The Rehab Effect is situated in a rural town itself, so we understand the challenges rural and remote people face when accessing healthcare. We are here to bridge that gap and strongly believe we can make a change across Australia.

What We Offer

Led by senior diabetes qualified Accredited Exercise Physiologist *Tjana Furnari-Southam*

- 1:1 consultations via Telehealth (Zoom or preferred method).
- Individualised exercise program tailored to the patient's diabetes status, medical history, injuries, goals, and much, much more. (via *Physiapp*; exercise videos, descriptions, messaging, adherence tracker).
- Glucose and blood pressure (if necessary) tracking diary - calculating blood glucose trends over-time.
- Education and educational resources provided to the patient about their diabetes and the role exercise plays in managing their condition.
- Reporting back to the patient's GP, Endocrinologist, and/or Diabetes Educator regarding treatment plan, progress, and any updates.

A passionate, warm, and empowering approach to treatment.

Easy Referral Process

- **CDM/EPC plan under Exercise Physiology (item number 10953)**
 - *Patients' are eligible for up to five sessions per calander year*

Patients' may be eligible to access Exercise Physiology under their Private Health Insurance.

Why Refer?

We will support your patient in improving their:

- Understanding and knowledge of diabetes, how exercise plays a role in managing diabetes, and how to exercise safely.
- Blood glucose levels through exercise in the short and long-term.
- Strength, body composition, balance, mobility, and energy.
- Cardiovascular health and reducing diabetes-related complications.
- Sense of control and proactivity.
- Mental wellbeing.

Pricing and Rebates

Initial consultation fee: \$115.00 (one-off)

Current Medicare rebate: \$60.35 (with CDM referral)

Out of pocket: \$54.65

Subsequent consultation fee: \$85.00

Current Medicare rebate: \$60.35 (with CDM referral)

Out of pocket: \$24.65

Private Health Insurance rebates will depend on patients' level of cover and eligibility for Telehealth services.

Getting the Most Out of Treatment

Services are remote, so having access to the following would make for a smoother journey:

- Access to the internet.
- Willingness to use *Zoom* or preferred platform for video consultations.
- Access to a glucose monitor at home*.
- Access to a blood pressure monitor at home (if deemed necessary).

Supporting Patients' With NDSS Access

The National Diabetes Services Scheme provides patients' with information and support services, as well as ***diabetes-related products at subsidised prices**, to people who have been diagnosed with diabetes. Patients' will need to be registered with NDSS in order to access these benefits. Registration can occur from you as the patient's GP, either through the NDSS health professional online portal, or using the online form (attached to original email).

Our Details for Referrals:

- info@therehabeffect.com.au
 - **Balance for Life - Diabetes & Pre-Diabetes Program**

The Rehab Effect

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