What?
Aquatic exercise program incorporating strength, mobility and swimming to target metabolic disease or its risk factors.

Why?
• Lifestyle interventions delivered by exercise physiologists are effective for the prevention and management of metabolic syndromes and type 2 diabetes.
• Benefits of exercise including improved insulin sensitivity and glucose management, and reductions in weight, blood pressure, total cholesterol, triglycerides and heart disease risk.
• Exercise interventions delivered by exercise physiologists are estimated to reduce the incidence of type 2 diabetes in high-risk populations by ~31%, on average.


When?
Initial assessments are available by appointment Mon-Sat.
**AM Sessions:** Mon, Wed, & Fri 10am
**PM Sessions:** Tues, Thurs 6.30pm

Program & Costs
All sessions are supervised by an Accredited Exercise Physiologist (AEP), or allied health professional.

• Initial comprehensive assessment of outcomes ($52)
• GP clearance obtained
• Report sent to GP or relevant referrer

• Weekly group sessions $10 (max charge $30/wk). Membership options available.

• Post-program group assessment ($16)
• Report sent to GP or relevant referrer

*Medicare and/or private health rebates may apply (Accredited Exercise Physiology/Physiotherapy)*

UWA Exercise & Performance Centre
**Student Led Exercise Physiology Clinic**
The EPC provides clinical training to students undertaking the Masters of Clinical Exercise Physiology.
All exercise services, including individual and group programs, are provided by postgraduate students under the supervision of Accredited Exercise Physiologists (AEP) and allied health professionals.
Rebates & Referral Pathways

- Exercise plans are paid for up-front with itemised receipts available for private health cover claiming following services
- Private health rebates may apply depending on individuals policy
- Medicare, DVA and Bulk Billing options available

<table>
<thead>
<tr>
<th>Service</th>
<th>Medicare Rebate &amp; Codes *If applicable</th>
<th>Private Health Rebate &amp; Codes *If applicable</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ind. Sub. Consultations or Assessments</td>
<td>10953/10960</td>
<td>102/500 initial consultation &amp; assessment</td>
</tr>
<tr>
<td></td>
<td></td>
<td>202/505 subsequent consultation</td>
</tr>
<tr>
<td>Group Programs/Classes</td>
<td>N/A</td>
<td>502/560 group consultations</td>
</tr>
<tr>
<td>Exercise Studios</td>
<td>N/A</td>
<td>202/505 subsequent consultations</td>
</tr>
</tbody>
</table>

Rebates & Referral Pathways

- Under the discretion of GP Medicare pathways may include;
  - Chronic Disease GP Management Plan (721) – Allied Health Services
    (Exercise Physiology – 10953, Physiotherapy 10960)

Referral &/or Medical Clearance

**Client Name:** ____________________________  **D.O.B:** __________________

**Specific referral information:** __________________________________________________________________________________________

____________________________________________________________________________________________________________________________________

I have examined ___________________________ and clear them of any obvious condition that would prevent participation in a physical activity program. Based on my assessment his/her health status is stable; however I understand you will undertake a thorough assessment to ensure your prescriptions meet their current health need.

Signed: ________________________________________ Date: ______________

**Referrer/DR (Stamp if available):**

**Clinic:** __________________________ **Phone:** __________________________

**Fax:** __________________________ **Email:** __________________________

**Preferred method of communication:**

☐ Phone    ☐ Email    ☐ Fax    ☐ Mail

Contact Details for more information.

UWA Exercise & Performance Centre
- University of Western Australia (Crawley)
  Entrance #4, Parkway (street and ACROD parking available)

**P.** 6488 3333
**E.** epc-sseh@uwa.edu.au