



## What?

Aquatic exercise program supervised by an Accredited Exercise Physiologist (AEP) or allied health professional that incorporates strength, mobility and swimming to target metabolic disease or its risk factors.

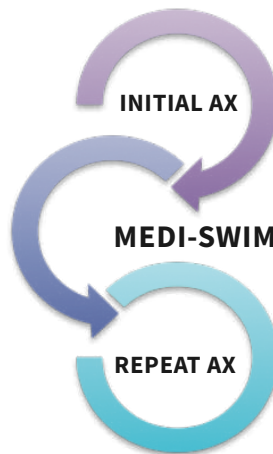
## Why?

- Lifestyle interventions delivered by exercise physiologists are effective for the prevention and management of metabolic syndromes and type 2 diabetes.
- Benefits of exercise include improved insulin sensitivity and glucose management, 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.

*Deloitte Report 2015 – Value of Accredited Exercise Physiologists in Australia.*

## Student Training at the UWA Exercise & Performance Centre

The EPC is linked with the School of Human Sciences providing clinical training to postgraduate students undertaking Master of Clinical Exercise Physiology.



- Initial comprehensive assessment of outcomes
- GP clearance may be required before participation
- Report sent to GP or relevant referrer following initial and subsequent assessments.
- Weekly group sessions (Membership options available).
- Post-program group assessment

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



# Rebates & Referral Pathways

- Exercise plans are paid for up-front with itemized receipts available for private health claiming.
- Medicare, Bulk Billing, and private health rebates may apply depending on individual's policy, and the choice of service (see below).
- Under the discretion of GP Medicare pathways may include;
  - ▷ Chronic Disease GP Management Plan (721) - Allied Health Services (Exercise Physiology - 10953, Physiotherapy 10960)

	Medicare Rebate & Codes <i>*If applicable</i>	Private Health Rebate & Codes <i>*If applicable</i>
Service	Chronic Disease Management Plan (721 – 723)	Rebate dependent on fund and cover Plan
Individual/subsequent consultations or assessments	10953/10960	102/500 initial consultation & assessment 202/505 subsequent consultation
Group Program	N/A	N/A
Exercise Studios	N/A	N/A

## 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

**W.** www.uwa.edu.au/facilities/uwa-exercise-and-performance-centre

