



Hindmarsh Exercise Physiology Services

281 Port Road, Hindmarsh SA 5007 Ph 83462000

Dear General Practitioner

We would like to introduce **Hindmarsh Exercise Physiology** as an accredited provider of the Type 2 Diabetes Group Exercise Program.

The Type 2 Diabetes Group Exercise Program is an evidence based resistance and aerobic training program developed for patients diagnosed with type 2 diabetes.

As you would be well aware, for a person with diabetes, exercise helps insulin to work better to help improve their diabetes management. It helps to maintain a healthy weight, lower blood pressure and reduce the risk of heart disease. Exercise also makes our participants feel so much better and improve their general outlook. We have had so many positive responses from our classes that they are really keen to keep exercising at the end of their funded sessions. This is the aim of our program - to maintain this lifestyle change.

The Diabetes program consists of 8 - 45 minute exercise sessions delivered weekly by our Accredited Exercise Physiologist in small supervised classes (max only 5 participants). Prior to commencing this program participants are required to have an individual assessment to assess their suitability and to tailor the exercise to their individual needs and goals.

With a referral and their GP Management Plan, the initial assessment and 8 group exercise classes are fully funded under Medicare such that there is no extra cost for your patients to access these exercise services with us. These services are available IN ADDITION to the 5 individual EPC Medicare funded Allied Health sessions that your patients may be using or are eligible for.

Please could you review this person to consider if this may be a valuable option to help in the control of their Diabetes and other health related issues. Please fax any forms through to 8340 0558 and we can get their program underway. Alternatively you may provide a copy to your patient to bring to their consultation when they book in.

For further information we would be happy to make an appointment to discuss the Type 2 Diabetes Group Exercise Program with you or can be contacted at 8346 2000. We also provide exercise services for Workcover, DVA, EPC and MVA patients via a referral. Private patients do not need a referral although we welcome any communication.

Thank you for your time and I hope we can be of service to you and your patients,

Yours sincerely

Hindmarsh Exercise Physiology