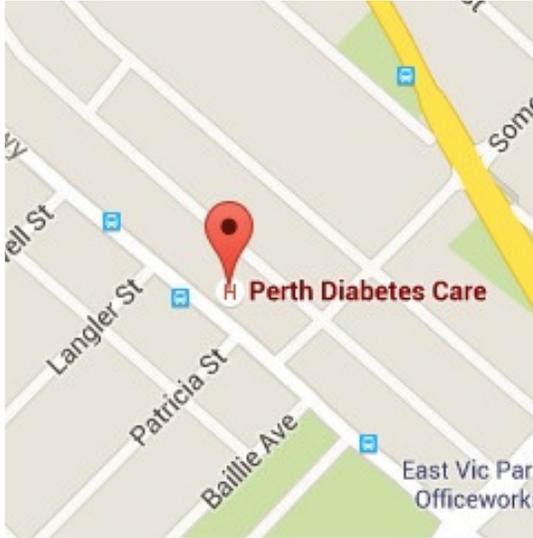


Perth Diabetes Care

Perth Diabetes Care is a patient centered multidisciplinary clinic providing services for individuals living with all types of diabetes, chronic conditions and those wanting to maintain general health



PERTH DIABETES CARE
SPECIALISING IN DIABETES CARE AND ALLIED HEALTH SERVICES

HQ: 968b Albany Hwy
East Victoria Park, WA 6101

P: (08) 6110 0570

F: (08) 9355 5718

E: admin@perthdiabetescare.com.au

www.perthdiabetescare.com.au

Mobile Clinics also available around Perth Metro Area



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Information Guide

Exercise Physiology Services



PERTH DIABETES CARE
SPECIALISING IN DIABETES CARE AND ALLIED HEALTH SERVICES

Is exercise physiology for me?

Seeing an Exercise Physiologist can provide benefits such as:

- Increasing physical activity levels in a safe way
- Improving movement and general health
- Assisting in the self-management of a chronic condition or injury
- Improving quality of life

Depending on your situation, our exercise physiologists will tailor the support and exercise program according to your needs.

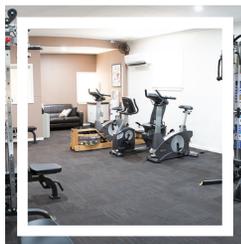
What is the difference between an Exercise Physiologist and a Personal Trainer?

An exercise physiologist is university trained, specialising in exercise and movement. They possess the skills, knowledge and experience to design and deliver clinical exercise programs for individuals with complex medical conditions including chronic disease, injury and rehabilitation.

Our exercise physiologists develop long term plans with you and utilise their knowledge of behaviour change to support you in making positive lifestyle changes that are suited to your needs.

A personal trainer often completes an accredited vocational training program, that provides them with the knowledge and skills to provide advice regarding your general fitness.

Our primary clinic includes a suitably equipped gym, which is located in East Victoria Park. We also have access to gym facilities at our High Wycombe location



Benefits of regular physical activity

- Reducing your risk of, or helping you manage a range of chronic conditions such as diabetes or cardiovascular disease
- Maintaining and/or improving your blood pressure, cholesterol and blood sugar levels
- Helping you develop and maintain overall physical and mental health
- Helping you prevent unhealthy weight gain and assist with weight loss
- Depending on your health goals, our exercise physiologist will collaboratively design a personalised exercise program that provides a solid foundation for success.



Appointment fee

Costs vary according to your situation and the rebates that you may be eligible to access. Rebates may be available through Medicare or your private health insurance.

Do I need a referral?

You can request an appointment without a referral and you may be eligible for rebates through your private health insurance.

If you have a chronic condition then you may be eligible for referral from your GP that will allow you to access rebates through Medicare.

If you have been diagnosed with type 2 diabetes and have a GP management plan you are eligible for a group allied health referral. This will allow you to attend our group exercise programs and claim a Medicare rebate.