

# Time 2 Manage Diabetes

**Time 2 Manage Diabetes** is an eight-week group exercise program run by **Accredited Exercise Physiologists**.

Before joining a group, the client will attend an initial assessment with one of our exercise physiologists during which a comprehensive medical history will be taken and exercise goals agreed.

Participants then attend eight group exercise sessions under the guidance of the exercise physiologist. All exercises are tailored to the client's needs.



## Details:

Group classes are run on a weekly basis in our Black Swan Health Osborne Park and Midland gyms:

- 137 Main Street, Osborne Park
- Suite 19, 53 The Crescent, Midland

## Eligibility

To be eligible you must have Type 2 diabetes and be over the age of 18.

## Cost

We provide this service at minimal out of pocket cost (*less than \$50 for initial assessment and eight group exercise sessions*).

Note to GPs:

All referrals must be via a Referral form for Group Allied Health Services under Medicare for patients with Type 2 diabetes - *available for download at our website or on the overleaf (pto)*.

GPs are requested to attach the care plan & any relevant pathology results to the referral.



## Referral form for Group Allied Health Services under Medicare for patients with type 2 diabetes

Note: GPs can use this form issued by the Department of Health or one that contains all of the components of this form.

PART A – To be completed by referring GP (tick relevant boxes):

- Patient has type 2 diabetes AND either
- GP has prepared a new GP Management Plan (MBS item 721) OR
- GP has reviewed an existing GP Management Plan (MBS item 732) OR
- for a resident of a residential aged care facility, GP has contributed to or reviewed a care plan prepared by the residential aged care facility (MBS item 731) [Note: Residents of residential aged care facilities may rely on the facility for assistance to manage their type 2 diabetes. Therefore, residents may not need to be referred for allied health group services as the self-management approach may not be appropriate.]

**Note:** GPs are encouraged to attach a copy of the relevant part of the patient's care plan to this form.

Please advise patients that Medicare rebates and Private Health Insurance benefits cannot both be claimed for this service

GP details

Provider Number

Name

Address  Postcode

Patient details

First Name  Surname

Address  Postcode

Note: Eligible patients may access Medicare rebates for **one** assessment for group services in a calendar year. Indicate the name of the practitioner (diabetes educator, exercise physiologist or dietitian), or the allied health practice, you wish to refer the patient to for this assessment. The assessment must be done before the patient can access group services.

Allied Health Practitioner (or practice) the patient is referred to for assessment:

Name of AHP or practice

Address  Postcode

Referring GP's signature

Date

PART B – To be completed by allied health provider (AHP) who undertakes assessment service:

Eligible patients may access Medicare rebates for **up to 8** allied health group services in a calendar year.

Group size must be between 2 and 12 persons.

Indicate the name of the provider/s, and details of the group service programme.

Name of provider/s:

Name of programme:

No. of sessions in programme:

Venue (if known):

Name of referring AHP:

Signature and date

Allied health providers must provide, or contribute to, a **written report** to the patient's GP after the assessment service and at completion of the group services programme. Allied health providers should retain a copy of the referral form for record keeping and Department of Human Services (Medicare) audit purposes. Allied health services funded by other Commonwealth or State/Territory programmes are not eligible for Medicare rebates under these items, except where the service is operating under sub-section 19(2) arrangements.

**THIS FORM DOES NOT HAVE TO ACCOMPANY MEDICARE CLAIMS**