

# Your local Accredited Exercise Physiologists *at inSports Logan*

We're here to help



# What you can expect when you refer your patient to an inSports Logan Exercise Physiologist

Here at inSports Logan Health & Fitness Centres we accept a variety of referral types for Exercise Physiology services, dependent on the needs and eligibility of patients.

We take a biopsychosocial approach to health care, which means our patients often see the best results when working with a team of dedicated health care professionals. Each patient is prescribed an individualised exercise and lifestyle modification program, based on the results of a comprehensive assessment of the patient's mental and physical health, current situation, and medical history. The patient is then supported through the program by our allied health team, as well as Accredited Exercise Scientists.



## WHAT IS AN ACCREDITED EXERCISE PHYSIOLOGIST?

Accredited exercise physiologists (AEPs) hold a four-year university degree and are allied health professionals. AEPs specialise in clinical exercise prescription and the delivery of exercise and lifestyle modification programs for people who are at risk of, or living with chronic disease. Our AEP services at inSports include:

- An initial patient assessment to determine health status and exercise/physical activity history
- An explanation on how exercise therapy will help to treat or improve your patient's condition and the quality of their life
- A discussion on your patient's exercise and health goals and strategies to achieve them
- A physical assessment to determine your patient's current physical abilities so we can design a suitable program

- Development of an exercise program, (clinical or home-based for individual or group) with instruction on how to complete the program
- Written reports for you, the Practice Nurse or specialist, detailing your patient's exercise plan and progress
- Ongoing assessment to track your patient's progress to identify any required changes to the program

## WHAT ARE THE BENEFITS OF REFERRING YOUR PATIENT TO AN AEP?

- Taking a holistic approach to your patient's health care needs will improve the quality of care they receive
- It will enable your patient to improve self-management of their chronic condition or injury
- It will assist your patient in achieving increased physical activity levels in a safe way

Accredited exercise physiologists differ from other allied health professions or fitness professionals in their extensive knowledge, skills and experience in clinical exercise delivery as well as health-behaviour change counselling for people with chronic disease or injury.

## WHY WOULD YOU REFER YOUR PATIENT TO AN AEP?

The aims of AEP clinical exercise programs are to prevent or manage chronic disease or injury and assist in restoring your patient's optimal physical function health or wellness to achieve the following:

- Improved quality of care for your patient
- Improved self-management of your patient's chronic condition or injury
- Support increased physical activity levels for your patients in a safe way

AEPs also provide training in safe manual handling; perform functional assessments; carry out fitness tests; perform body composition tests and musculoskeletal assessments; and provide lifestyle education to help people manage their health conditions.



## WHAT SERVICES DO WE OFFER AT INSPTS LOGAN AND HOW MUCH DOES IT COST?

### **Chronic Disease Management Plan — MBS 10953**

This is a Medicare Rebated Allied Health Session with an exercise physiologist for exercise prescription to treat chronic health conditions

Medicare will cover \$55.10 of the cost of our exercise physiology services when referred under a CDMP by a GP, therefore our cost is \$55.10

**FREE for the patient**

### **DVA — White and Gold card**

We accept DVA White and Gold cards as payment for allied health treatments

### **Diabetes — MBS 81100**

This is a Medicare Rebated “Assessment for participation in group services” – We can assess the suitability of an individual with regards to them participating in our diabetes management and education group class

Medicare will rebate \$70.65 for a 45 minute assessment, therefore our cost for this is \$70.65

**FREE for the patient**

### **MBS 81115 — Exercise Physiology**

Group Service for Management of Type 2 Diabetes

If a patient is referred under MBS 81100 “Assessment for participation” and deemed eligible to participate, they may also attend Medicare rebated group classes, to a maximum of eight classes (no TCA required, can also send for individual 10953 sessions)

Medicare will rebate \$17.60, therefore our cost for a 60 minute diabetes group class is \$17.60

**FREE for the patient**

### **Chronic Disease Management Move More Group Exercise Class**

A gentle physical activity program designed to be safe for people with stable long term health conditions

\$4 per class for non-members

**FREE for inSports Logan members**

### **Lungs in Action Cardiopulmonary Rehabilitation Class**

A safe enjoyable ongoing exercise program specifically developed for people who have completed a pulmonary rehabilitation program

\$4 per class for non-members

**FREE for inSports Logan members**

### **Return to Work and Work Cover**

**FREE for the patient**



### INSPO RTS LOGAN EXERCISE PHYSIOLOGY SERVICE STANDARD COSTS WITHOUT TEAM CARE ARRANGEMENT FROM A GP

inSports Logan Members	\$55.00 per 30 min session
inSports Logan Non Members	\$70.00 per 30 min session

### NDIS

We provide services under the NDIS. We are a registered provider location that can cater for people of all abilities	\$83.49 per 30 min session
when goals involve exercise related health outcomes	\$166.90 per 60 min session

**We also have three fully equipped on-site gyms and two aquatic centres with a range of flexible membership options and child minding services available**

### MEMBERSHIP OPTIONS

MEMBERSHIP	GYM & SWIM	GYM ONLY	OFF-PEAK
<b>6 Months Upfront</b>	\$299	\$210	\$130
<b>12 Months Upfront</b>	\$555	\$390	\$250
<b>Direct Debit</b>	\$13.50 per week*	\$9.95 per week*	\$8.95 per week*

## HOW DOES THE REFERRAL PROCESS WORK?

### REFERRAL PROCESS FOR INDIVIDUAL MEDICARE ITEMS

#### STEP 1: GP REFERRAL

GP refers eligible patient to an Accredited Exercise Physiologist under the appropriate Medicare item

#### STEP 2: AEP SERVICE

Accredited Exercise Physiologist provides individual service/s to the patient. A written report must be provided to the referring GP after the first and last service, or more if clinically necessary

#### STEP 3: GP PATIENT REVIEW

GP conducts a review of patient's GPMP and/or TCA. Patient reviews should be conducted every 6 months

### REFERRAL PROCESS FOR GROUP ITEMS FOR PEOPLE WITH TYPE 2 DIABETES

#### STEP 1: GP REFERRAL

GP refers eligible patient to Accredited Exercise Physiologist to be assessed for suitability for a preferred group service, e.g. fitness/weight management

#### STEP 2: INDIVIDUAL ASSESSMENT

Accredited Exercise Physiologist individually assesses patient for suitability and prepares for group services. Unsuitable patients may be screened out at this time

#### STEP 3: GROUP SERVICES

Accredited Exercise Physiologist conducts group sessions. Maximum of eight sessions per calendar year. Sessions must include 2-12 Medicare patients. Non-Medicare, full-paying patients can also attend. Report provided to referring GP after last service

To access further information on Referrals to Accredited Exercise Physiologist under Medicare, an example referral template as well as other useful tools and resources visit [exercisemedicine.org.au](http://exercisemedicine.org.au)

# Want to know more?

Get in contact with one of our friendly inSports Logan AEPs, they will be happy to assist you:

**Email:** [alliedhealth@logan.qld.gov.au](mailto:alliedhealth@logan.qld.gov.au)

**Phone:** 07 3081 6622

**Web:** [loganleisurecentres.com.au/allied-health](http://loganleisurecentres.com.au/allied-health)

# Centre locations

## BEENLEIGH AQUATIC CENTRE

2 Sports Drive, Underwood  
07 3412 4910

## LOGAN NORTH AQUATIC & FITNESS CENTRE

2 Sports Drive, Logan North  
07 3541 6170

## LOGAN METRO SPORTS CENTRE

357 Browns Plains Road, Crestmead  
07 3081 6622

## MT WARREN SPORTS CENTRE

2 Milne Street, Mt Warren Park  
07 3094 5401



Want to know more?

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**Phone:** (07) 3081 6622

