

Fees

The fees outlined in the table below refer to the initial and subsequent exercise physiology consultations.

	Initial Consultation	Subsequent Consultation
Standard	\$92.00	\$78.00
Concession	\$72.00	\$66.00

The fees outlined in the table below refer to the Strength Clinic sessions (12 week Treatment Cycle).

	Per Session	10 Session Pack
Standard	\$15.50	\$155.00
Concession	\$11.50	\$115.00

Note: Fee schedule is at 1 January 2017 and subject to change.



Medicare rebates are available for patients referred under a Chronic Disease Management Plan by their GP (rebate is \$53.00).

Rebates through Private Health Funds

As an accredited health management program, rebates are available through most private health funds.

Department of Veteran's Affairs (DVA)

DVA Health Cards (Gold and White) are accepted as payment upon a GP referral.

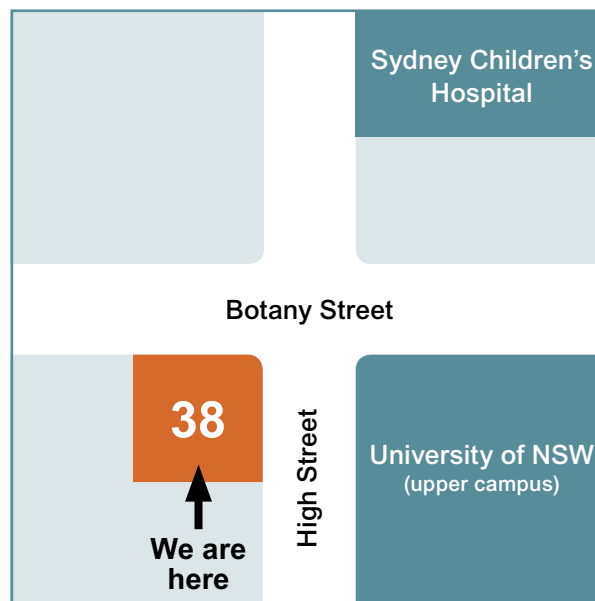
Referral Forms

Referral forms for Exercise Physiology services are available at:

www.lifestyleclinic.net.au

Location

The Lifestyle Clinic is located at 38 Botany Street, Randwick (corner of Botany and High Streets). Frequent bus services from Central Bus Station and the eastern suburbs stop directly outside the clinic. The CBD & South-East Light Rail also stops outside the clinic.



Open hours

The Lifestyle Clinic is open Monday to Friday from 9.00am to 5.00pm.

Contact us

UNSW Lifestyle Clinic
38 Botany Street (Corner Botany and High Streets)
RANDWICK NSW 2031

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UNSW Medicine Lifestyle Clinic



Exercise
is medicine

Exercise is medicine

Scientific research over several decades shows that exercise **works like medicine** and is a highly effective treatment for the management of a variety of health and medical conditions.

This treatment requires a clinical environment and staff with the qualifications and expertise in exercise therapy and rehabilitation.

Our unique services are provided by **Exercise Physiologists**, bringing you cutting-edge treatments from the latest research to improve your health and quality of life.

We will be right there with you on your journey to better health, empowering you to make lifelong changes to your physical activity and lifestyle. These changes will not only improve your **quality of life**, but also help achieve your own **personal goals**.



Where do I start?

Come in and see one of our Accredited Exercise Physiologists (AEPs) to develop a personalised exercise therapy program. This can either be performed on your own or like many of our clients, you may choose to attend our on-site **Strength Clinic** program.



Who do we treat?

We treat people **of all ages** with health conditions that have been shown to benefit from exercise therapy, including:

- Diabetes
- Heart Disease (including Chronic Heart Failure)
- Cancer
- Neurological & neuro-muscular disorders (e.g. Stroke, MS, Parkinsons Disease, Dementia)
- Arthritis (Osteoarthritis & Rheumatoid Arthritis)
- Osteoporosis & Osteopaenia
- Depression & other mental health disorders
- Obesity & metabolic syndrome
- Musculoskeletal disorders/injuries
- Chronic Pain
- Respiratory Disorders (Asthma, Bronchitis & Emphysema)
- Poly-cystic ovarian syndrome

How does it work?

During your initial consultation, we will assess you and discuss your health condition. Then we will work with you to design a personalised exercise therapy program for you to do at a venue of your choice (e.g. at home, outdoors or at a local exercise facility). Alternatively, many of our clients attend our own fully-equipped **Strength Clinic**.

These two venue options are explained in further detail below:

OPTION A Home-based program

As you start your program, your Exercise Physiologist will guide you through the various phases and arrange periodic follow-up sessions as required. Most clients will require between 2 to 5 consultations during the first 3 to 6 months. As your program progresses, your activity level will be progressively increased.

OPTION B 12 week 'Treatment Cycle' onsite at the **Strength Clinic**

Step 1: Strength Clinic Orientation (Second Consultation). You will undergo an induction with the equipment and the exercises will be fine-tuned.

Step 2: Attend 2 to 3 one-on-one supervised strength sessions per week.

At 6 weeks: Progress Review with your Exercise Physiologist.

At 12 weeks: Your Exercise Physiologist will re-assess your progress to measure your results and achievements. A report is created for referring health professionals (GPs, specialists, etc), and a personalised program is designed for you to continue following completion of the **Strength Clinic** program.

Note: In some cases, clients may require more than one Treatment Cycle before progressing to a home-based or independent program (Option A).