



# Exercise Physiology

No Gap – Bulk Billed with EPC Plan

- ✓ 1:1 Exercise Sessions
- ✓ Group Program Assessment
- ✓ Diabetes Group Classes

Up to x5 Individual Sessions/Year  
Up to x8 Group Sessions for Type 2 Diabetes

**Help Your Patients with Type 2 Diabetes Take Control Through Exercise Physiology**

Our Accredited Exercise Physiologists are now offering individual assessments and group-based exercise programs tailored specifically for patients living with Type 2 Diabetes.



  @bpalliedcare

**BOOK NOW**

[bpalliedcare.com.au](https://bpalliedcare.com.au)



## What We Provide:

An initial one-on-one assessment to evaluate the patient's current health status and physical capacity

Conduct an aerobic assessment on an exercise bike and measure blood glucose levels in response to physical exertion and plan accordingly.

Entry into a structured group exercise program focused on improving blood sugar control, cardiovascular health, strength, and mobility

Ongoing support to encourage long-term lifestyle changes and improve quality of life

## How to Refer

You can refer your patients as you would for any allied health service under an EPC plan. Simply include Exercise Physiology as one of the referred services in the care plan.



## Why Refer To Us? Exercise Physiology

- ✓ Accredited and experienced Exercise Physiologists
- ✓ Clear communication and progress updates provided to GPs
- ✓ Programs delivered from medical centres for convenient access
- ✓ Collaborative approach to support patient goals and outcomes



**Support your patients with Type 2 Diabetes in building healthier, more active lifestyles.**

