

# Type 2 Diabetes Exercise Group

Bendigo Community Health Services offers group-based exercise programs for people with Type 2 Diabetes.

This eight week-program is funded by Medicare.

Referrals must be completed by a GP using the Medicare referral form for **Group Allied Health Services under Medicare for patients with Type 2 Diabetes**.

We ask that you provide a copy of the patients care plan or health summary to assist in our assessment.

The program consists of eight, one-hour exercise sessions.

The sessions will involve a combination of aerobic and resistance-based exercises.

Each individual will have an assessment with an Exercise Physiologist prior to starting the sessions and an individualised exercise program will be developed.

## Objective of the group sessions:

- Provide an opportunity for people with Type 2 Diabetes to engage in supervised exercise
- Assist in the management of your diabetes
- Improve general fitness, including muscle strength and aerobic capacity
- Provide individuals with the knowledge and motivation to help self-manage their diabetes.

Completed forms and a copy of the patient's care plan/health summary can be faxed to Bendigo Community Health Services on 5441 4200 or emailed to [mail@bchs.com.au](mailto:mail@bchs.com.au)

Yours sincerely,

Accredited Exercise Physiologist  
Bendigo Community Health Services

## 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**