

Type 2 Diabetes (T2D) Education Course



Upcoming Course Starts Wednesday June 19 at 5pm, Aug 7 at 10am & Oct 21

COURSE CONTENT

What is T2D? - Theory
Lifestyle Modification Physical
Activity - Theory
Lifestyle Modification
Healthy Eating - Theory
Goal Setting
Identifying Barriers and How
to Overcome Them

COURSE OVERVIEW

This 8 week course is in addition to the five EPC's available per calendar year under the MBS. It empowers you with the knowledge and understanding of how to manage your diabetes. Patients benefit most if they demonstrate a readiness to change, contribute to group processes effectively and have a potential for self-management.

COURSE OUTCOMES

Successful participants will come away with the ability to put into practice the strategies needed to help manage their type 2 diabetes with diet, lifestyle and exercise. They will not only know what they should do to achieve their goals but also how to go about it successfully.

This eight week course provides the foundation for a consultations one-on-one with a Diabetes Educator.

COURSE PARTICIPANTS

This course is designed for people who:

- want to know how to use exercise to manage their T2D
- want to learn about how to manage their T2D through diet
- want to manage T2D with lifestyle modifications by creating good habits
- are finding it difficult to lose weight
- respond to group activities

"I urge anyone who has just been told that they are pre-diabetic or diabetic, diet or medication controlled or even have been a diabetic for 'years' to take this course. You will find something that you didn't know before."

Delivered by Exercise Physiologists
Nathan Leung and Ben Norlander

Bulk Billed

Doctor's Referral needed: Type 2 Diabetes Group Education (see over)

Contact us for more information

3261 1249

Inspiring action! 

21 Bald Hills Rd, Bald Hills Q 4036
info@greenapplewellness.com.au
www.greenapplewellness.com.au

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 and Ageing 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 an aged care facility, GP has contributed to or reviewed a care plan prepared by the facility (MBS item 731) [Note: Generally, residents of an aged care facility 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 item 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 ph. Postcode

Referring GP's signature Date

PART B – To be completed by Allied Health Professional 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 program.

Name of provider/s:

Name of program:

No. of sessions in the program:

Venue (if known):

Name of Referring AHP: Signature and date

AHPs must provide, or contribute to, a **written report** to the patient's GP after the Assessment service and at completion of the group services program.

AHPs should retain a copy of the referral form for record keeping and Medicare Australia audit purposes.

Allied health services funded by other Commonwealth or State/Territory programs are not eligible for Medicare rebates under these items, except where the service is operating under sub-section 19(2) arrangements.

This form may be downloaded from the Department of Health and Ageing website at www.health.gov.au/mbsprimarycareitems.

THIS FORM DOES NOT HAVE TO ACCOMPANY MEDICARE CLAIMS