

Shoalhaven
WELLNESS CENTRE

*Assisting the
community by the
promotion of active
health*

*Doctors referral required
Sessions by appointment only*



Shoalhaven Division of General Practice
trading as Shoalhaven Wellness Centre

16 Berry St
NOWRA NSW 2541
Phone: (02) 4423 6716
Fax: (02) 4423 6894
Email: sdgp@sdgp.com.au

Shoalhaven
WELLNESS CENTRE



- ◆ Exercise Rehabilitation
- ◆ Chronic & Complex Disease Prevention and Management

Phone: (02) 4423 6716
16 Berry Street NOWRA NSW 2541

Our Services

Exercise Rehabilitation

Shoalhaven Wellness Centre Accredited Exercise Physiologist's (AEP's) are registered with WorkCover NSW to provide Exercise Rehabilitation services through Workers and Compulsory Third Party (CTP) compensation referrals.

The Shoalhaven Wellness Centre exercise rehabilitation program can help your patients with a sub-acute or chronic injury;

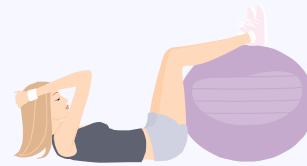
- Return to vocational or activities of daily living quicker
- Build confidence
- Improve physical conditioning and stamina
- Learn safer manual handling techniques

Referral to Shoalhaven Wellness Centre is easy, simply send a referral letter with the patient's name, contact phone number (to schedule initial assessment), date and diagnosis of injury and any specific limitations or recommendations.



For all Workers and CTP compensation referrals a copy of the Exercise Physiology program plan will be provided to the nominated treating Doctor (NTD)

Chronic & Complex Disease Prevention and Management



The Shoalhaven Wellness Centre offers both preventative and therapeutic Exercise Physiology (EP) and dietetic services to individuals at risk of or living with chronic and complex diseases such as;

- Diabetes and or Metabolic Disease
- Cardiovascular Disease
- Back Pain
- Osteoporosis
- Arthritis
- Mental Illness (depression and anxiety disorders)
- Cancer

The Centre aims to provide personalized, practical advice and support to patients in a fun and relaxed environment guiding them to lead a more active lifestyle and to make healthier dietary choices.

Patients can be referred to the Shoalhaven Wellness Centre through four pathways:

Medicare: EPC Plan Referrals

- ◆ One on one EP or dietetic sessions.
- ◆ Note: A minimum of two EP sessions recommended.

Medicare: Lifestyle Modification Program

- ◆ Five 1–1.5 hour group and one individual 30minute telephone follow up education sessions over a six month period.
- ◆ Referrals can be made to the Shoalhaven Wellness Centre Lifestyle Modification Program (LMP) using the LMP referral form.
- ◆ Notification of patient enrolment and attendance at the first session as well as a report at the conclusion of the program will be provided to the referring GP.
- ◆ LMP will also be offered at *Healthfit*, Milton for patients in the southern region.

Department of Veterans Affairs Referrals

- ◆ EP or dietetic sessions.
- ◆ Referrals can be made using the D904 referral form or on practitioner's letterhead including patient name, DVA file number, conditions to be treated and referring Doctor's provider number.

MAHS (More Allied Health Services)

- ◆ One on one EP sessions
- ◆ Patients are eligible when GPs and MAHS dietitian determines that an EP intervention would be beneficial for the patient with Type 2 Diabetes.

For EPC, DVA and MAHS referrals a report will be provided to the referring GP after the first and last service (or more often if clinically relevant).