



## PREVENTIVE HEALTH SERVICES

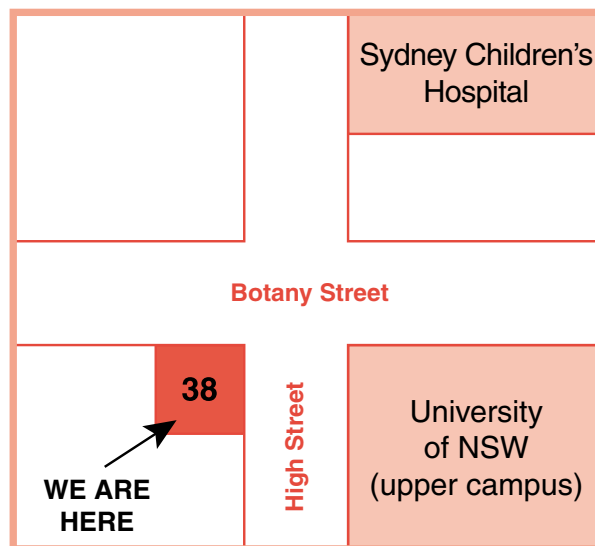
The Lifestyle Clinic also offers physical activity consultations and lifestyle services for people with **identified risk of injury or disease**, including poor postural habits, physical fitness, nutritional habits and/or stress management issues.

The personalised **12 week Lifestyle Plus program** includes health screening and assessments, five supervised exercise sessions and consultations, serving as both a workplace-health and community-health program.

Rebates available from selected Private Health Funds.

### 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.



### REFERRAL FORMS

Referral forms for chronic disease management and preventive health services available at:

[www.lifestyleclinic.net.au](http://www.lifestyleclinic.net.au)

### 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 AND LIFESTYLE CONSULTATIONS



**medicare**

Rebates available for  
**EXERCISE PHYSIOLOGY services**

# CHRONIC DISEASE MANAGEMENT

Our exercise and lifestyle consultations are aimed at improving the quality of life for people with chronic disease and complex illness. Conclusive evidence shows that **exercise works like medication** and can be used to assist in the management of the following conditions:

- diabetes & pre-diabetes
- heart disease
- depression
- high blood pressure
- high cholesterol
- obesity & metabolic syndrome
- osteoarthritis
- osteoporosis
- chronic fatigue syndrome
- poly-cystic ovarian syndrome



With an emphasis on **home-based exercise programs**, we remove the need to use a gym. Our unique services are provided by **Exercise Physiologists**, combining the best expertise and advice, information and motivational strategies to ensure

that your decision to invest in your health is a permanent one.

Supporting you to better manage yourself will ensure that your physical activity and lifestyle changes are sustainable long-term. Our consultations are based on the **principles of self-management**, incorporating motivational interviewing, working in collaboration with you to design the optimal program, and increasing your confidence through specific goal-setting and progressive achievements.

Clients may require between 2 to 5 exercise and lifestyle consultations depending on their current physical activity levels and functional capacity. For people with many physical and/or motivational barriers, an effective treatment model may require up to 5 consultations provided over a 12 week period. This ensures that activity levels are progressively increased and physical status is improved optimally. Additionally, clients will acquire the necessary self-management skills to make these lifestyle changes long-term.

## CONSULTATION FEES

	Initial	Subsequent
Standard	\$70.00	\$60.00
Pensioners	\$46.80	\$46.80

**medicare**

**Medicare rebates** are available for patients referred under an *Enhanced Primary Care Plan* by their GP (rebate value is \$46.80).

**Bulk-Billing** available for Pensioners referred by their GP under an *Enhanced Primary Care Plan*.

**Rebates** also available from selected Private Health Funds.