

### STEP 1 GP referral or self-referral

### STEP 2 Book an appointment

### STEP 3 Attend initial assessment at clinic

### STEP 4 Attend review appointments at clinic or gym

Tuesday and Thursday mornings. Trentham appointments are available Tuesday and Thursday afternoons.

- Call Springs Medical to book

#### STEP 3

- Initial assessments go for up to 60 minutes at your preferred Springs Medical clinic
- We will discuss your referral (if referred) or your reason for booking (if self-referred)
- During assessment we will also discuss:
  - Goals, what you would like help with or would to gain from the session/s
  - relevant medical history and background, including any injuries and conditions
  - current and previous physical activity levels
  - develop an exercise treatment plan that is specific and individual to you
  - discuss want or need for future review appointments
- Will also complete short physical tests in clinic to assess strength, balance, or aerobic fitness

#### STEP 4

- A follow up appointment is a great way to track and assess progress made towards goals and plans made in the initial assessment
- Can re-test any measure that was taken during initial assessment and track progress
- Appointments can be booked as needed and around support required
- Can be every week, 2 weeks, 2 months, 8 weeks or 12 weeks

#### STEP 1

- You can get a GP referral for EP consult through Medicare or Department of Veteran's Affairs (DVA). You can get subsidised or free sessions through Medicare or DVA
- Some consult costs can get reimbursed through private health insurance, as long as Exercise Physiology is included in extras. You don't need a referral when going

#### STEP 2

- You can book an appointment at either Daylesford, Kyneton or Trentham
- Daylesford appointments are available Wednesdays and Fridays. Kyneton appointments are available

#### Costs

		Full price	Concession	Rebate
Initial	(60 minutes)	\$85	\$60	n/a
Review- standard	(30mins)	\$45	\$30	n/a
Review- telehealth	(15mins)	\$25	\$15	n/a
Medicare EPC		\$85	\$60	\$54.60
Private Health insurance		\$85	\$60	Confirm with provider if Exercise Physiology is an included extra

**CALL RECEPTION OR BOOK ONLINE**

● 10 Hospital Street  
Daylesford 3460  
t: 03 5348 2227  
f: 03 5348 1447

● 22 Victoria Street  
Trentham 3458  
t: 03 5424 1602  
f: 03 5424 1851

● 89 Piper Street  
Kyneton 3444  
t: 03 5422 1298  
f: 03 5422 1307