



Type 2 diabetes exercise group

Bendigo Community Health Services (BCHS) 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**.

It is appreciated if a copy of the care plan in place or a health summary is provided to assist in our assessment.

The program consists of eight, one hour exercise sessions, which involve a combination of aerobic and resistance-based exercises.

Individuals will have an assessment with an exercise physiologist prior to starting the sessions and a personalised exercise program will also be developed.

**Completed forms, along with a copy of the patient's care plan / health summary can be faxed to BCHS on 5441 4200
or emailed to mail@bchs.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 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 Exercise Physiologist, Bendigo Community Health Services

Address 501A Napier Street, White Hills Postcode 3550

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: Exercise Physiology Team, Bendigo Community Health Services

Name of programme: Type Two Diabetes Group Exercise Sessions

No. of sessions in programme: 8

Venue (if known): 501A Napier Street, White Hills, 3550

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