



Your Action Plan

with a referral to our Exercise Physiologist under an Enhanced Primary Care Plan

What to expect from Chelsea at Adelaide Health Care under your EPCP:

The services are comprehensive, considered and individualised – each person's journey is unique, as is their exercise prescription. The Individualized Exercise Programs are written for you based on your needs, abilities, resources and goals. Your program will be efficient and effective, with all of the appropriate modifications for you and can be done at home and/or the gym. Appropriate and individualized exercise prescription will make you feel happier, healthier, stronger, fitter, more balanced and energetic.

Your initial consultation will be charged at \$100-\$120 and subsequent sessions charged at \$77-\$100. Under your EPCP **you will receive a rebate from Medicare of \$53.80 per session**, up to 5 visits per calendar year with an Exercise Physiologist. Private services are available for ongoing support, behaviour counselling, supervised exercise sessions and individualized exercise programs. Private health insurance rebates are available (item numbers 102 and 202). Prices effective from 1st July, 2019.

• 1st Visit: Initial Consultation (40-60 minutes)

- Discuss how exercise can be used to treat, manage and improve your health and specifically your chronic condition
- Identify goals for yourself and your condition
- Medications and physical limitations
- Past and present exercise habits

• 2nd Visit: Assess and Plan (30-60 minutes)

- Assess your physical strengths and weaknesses, aches and pains, posture, balance, core strength and stability and your flexibility
- Identify the correct level to begin your exercise program and determine how you would like to go about it – for example at home or at the gym
- Exercise programming and motivation

• 3rd Visit: Prescribe Exercise (30-60 minutes)

- Exercise Program Delivery - an individualised exercise program designed to meet your needs and goals designed in accordance with your lifestyle, location and resources
- Each exercise is taught to you with a focus on technique and correct activation
- Education on why each exercise has been selected for you and your condition
- It will be an effective and efficient program with progressive prescription
- Photographs of each exercise with a written description, checklist to keep you on track as you do each exercise, stretching guide, weekly workout log for motivation

• 4th and 5th Visits: Review Session (30-60 minutes)

- Review and discuss any concerns or barriers you may have with the program
- The focus of these sessions is determined by your goals, physical requirements, your progression and your condition
- It is all about you and therefore there will be a personalized approach to achieve optimal outcomes for you and your condition
- Support

Please contact me if you require any further clarification on any of my services.

Chelsea Ciano

Exercise Physiologist AEP AES ESSAM

