

Simply Nutrition – Type 2 Diabetes Program

Simply Nutrition Consultant Dietitians is pleased to offer Type 2 Diabetes group education sessions. The aim of the program is to provide further education in relation to the management of Type 2 Diabetes, helping the patient to live more comfortably with their chronic health condition. The program is delivered by a qualified Accredited Practising Dietitian, a Credentialed Diabetes Educator and an Exercise Physiologist. Throughout the sessions we also invite guest health practitioners such as Podiatrists and Optometrists to provide insights into the link between their profession and diabetes.

Costs and program structure

For just \$10 per group session, attendees are entitled to the following – Three 1 hour sessions with a Dietitian, three 1 hour sessions with an Exercise Physiologist, and two 1 hour sessions with a Diabetes Educator. The program structure is flexible depending on patient's requirements, which is established after the initial assessment. However the standard program will run as follows –

1. 40 minute Initial assessment (Feedback letter provided)
2. 2 hour education session with the Dietitian and Diabetes Educator
3. 2 hour education session with the Dietitian and Diabetes Educator
4. 1 hour education session with the Exercise Physiologist.
5. 1 hour education session with the Exercise Physiologist.
6. 1 hour education session with the Exercise Physiologist.
7. 1 hour group completion session with the Dietitian (Feedback letter provided)

How to refer to the program?

- The patient must have Type 2 Diabetes and **either**
- The GP has prepared a new GP Management Plan (MBS item 721) **or**
- The GP has reviewed an existing GP Management Plan (MBS item 732)

Fill in the - "Referral form for Group Allied Health Services under Medicare for patients with type 2 diabetes."

Visit www.simplynutritiondietitians.com.au > Services > Type 2 Diabetes Education to download this form.

The referral can be faxed to - **07 5473 9913.**



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