

COMMUNITY HEALTH SERVICES ► REFERRAL PATHWAYS

GP EXERCISE REFERRAL SCHEME

Service provider	GP Exercise Referral Scheme
Organisation Name	Sutherland Shire Leisure Centres
Role	Exercise Physiology
Services provided by organisation or individual	<ul style="list-style-type: none">• Initial one-to-one fitness & lifestyle assessment and exercise prescription with an Exercise Physiologist• 10 exercise sessions• Follow-up one-to-one fitness & lifestyle assessment with an Exercise Physiologist• Report on patient outcomes and suggested maintenance forwarded to GP• Patient offered reduced membership options for continued physical activity
Location of service	<ul style="list-style-type: none">• Sutherland Shire Leisure Centre – Rawson Pde, Sutherland• Engadine Leisure Centre – Anzac Ave, Engadine
How to refer?	GP must complete the recommended referral form available from the Division website www.shiregps.org.au Patients make and appointment for initial consultation and bring referral form to first appointment
Costs associated with referral	Total cost \$90.00 1 x services can provided for eligible patients under a Medical Team Care Arrangements
Waiting list time	Approx 2 – 4 weeks