

# Are you receiving exercise physiology services?

*This flyer is designed to help you understand exercise physiology services funded through DVA arrangements.*

*Exercise physiology treatment can assist you with your rehabilitation from a major injury or illness, or to help you manage a chronic disease like arthritis or diabetes.*



## **What is the aim of the exercise physiology program?**

The aim of the program is to give you the skills to manage the exercise component of your health condition, on your own, through exercise.

## **Can I stay on the exercise physiology program for as long as I want?**

No, the program is not meant to be an ongoing form of treatment. It is meant to teach you the skills you need to manage your exercise program. A referral is required from your General Practitioner to see an exercise physiologist. The referral will last 12 months, but this doesn't mean treatment will be for 12 months.

## **So, how long will DVA pay for my exercise physiology program?**

Generally, DVA will pay for you to see an exercise physiologist until you are able to do your exercise program on your own. This will be established over one or more sessions.

## **What is the goal of my treatment?**

The goal of your treatment is to work with your exercise physiologist to do the recommended exercises on your own. The exercises will be personalised to your specific condition, and may be changed as your condition improves. The exercise physiologist may check on you from time to time to make sure you are on track to meet your goals.

## **Do I need to join a gym to continue with my exercises?**

No, you should be able to do the exercises on your own, in your home or outside, without the need for costly gym equipment.

## **If I take part in a general exercise program or join a gym will DVA pay for this?**

No, DVA does not pay for general exercise programs or gym membership if you have a gold or white card. If you feel you would like to join a generalised exercise class or gym program, this needs to be a private arrangement between your exercise physiologist and yourself.

## **Where can I get more information?**

For more information or how to find out if you are eligible for the program, see Factsheet HSV30 – Exercise Physiology available on the DVA website, or contact DVA on 133 254 or from regional Australia free call 1800 555 254. You can send an email to DVA at: [generalenquiries@dva.gov.au](mailto:generalenquiries@dva.gov.au)



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