

HEALTH & FITNESS FACILITY FOR LONGEVITY



LiveWell Diabetes Program

Join our eight-week group exercise and lifestyle education program designed for people aged 50+ with diabetes. Increase your knowledge and build healthy habits in UQ Healthy Living's supportive and friendly setting.

LiveWell program outcomes

Past participants have achieved:

- Increased understanding of blood sugar management through diet and exercise
- Increased exercise capacity and confidence to become more physically active
- Reduced blood pressure
- Reduction in blood glucose levels of between 1-3mmol/L pre and post exercise (average)
- Improved diabetes management self-efficacy

Who is the program for?

People aged 50 years and above at risk of, or diagnosed with:

- Type 2 diabetes mellitus (primary focus)
- Type 1 diabetes mellitus
- Pre-diabetes/metabolic syndrome

To be eligible for this program, we ask that you are available on **Tuesdays from 9:00-11:00am** for the duration of the eight-week program.

Medicare referral

If you have Type 2 diabetes, talk with your GP to find out if you are eligible for this program to be covered by Medicare. If yes, you will have no out of pocket expenses.

If using a Medicare referral, you will require the following from your GP ***prior to your initial assessment:***

1. GP Management Plan (GP item No's. 721 or 732 or medical practitioner item No. 229).

2. Signed referral form

“Referral form for Group Allied Health Services under Medicare for patients with type 2 diabetes (“Diabgrp 0510”).

3. Current medication list

(including dose).

4. Most recent test results

e.g. HbA1c or MRI.

Program costs

For people with a Medicare referral there is no cost for the

program. The cost for people without a Medicare referral is \$190.00.

Program outline

The UQ Healthy Living program includes group exercise sessions supervised by Accredited Exercise Physiologists and education seminars facilitated by our multi-professional allied health team.

The education seminars are on the topics of:

- Goal setting
- Managing diabetes through diet and exercise
- Exercising outside of the clinic
- Label reading and making healthy food choices

All participants undergo an initial assessment to evaluate their capacity to safely exercise in a group setting.

PROGRAM OUTLINE	WHEN	DURATION
Initial assessment	Prior to commencement	90 mins - new clients 60 mins - existing clients
Education seminars	Fortnightly x 4 seminars Tuesdays, 9:00 - 10:00am	60 mins
Group exercise supervised by Accredited Exercise Physiologists	Weekly x 8 sessions Tuesdays, 10:00 - 11:00am	60 mins

How to prepare for your initial assessment

- If you have a Medicare referral, please provide a copy of items 1-4 previously mentioned at least 24 hours prior to your appointment (email uqhealthyliving@uq.edu.au or fax **07 3319 6583**).
- Wear enclosed shoes and clothes that you are comfortable moving in.
- Be well hydrated.
- Arrive 15 minutes early to complete clinic registration details.
- Bring your glucometer (if you have one)

How to join the LiveWell program

Please contact our reception team to make a booking for an initial assessment. If you are new to our clinic, please allow 90 minutes for your consultation. If our current program is full, ask to join the waitlist for our next program.

CONTACT US

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