



Health Care

Exercise Physiology – Information for the Veteran Community

Purpose

This fact sheet describes how you can get access to exercise physiology services.

What is Exercise Physiology?

Exercise physiology services include the delivery of clinical exercise interventions to manage chronic disease and the provision of post-acute exercise rehabilitation for people recovering from major injury or illness. Exercise physiology contributes to the management of:

- diabetes;
- cardiovascular disease;
- osteoporosis;
- arthritis;
- cancer; and
- muscular conditions of a chronic nature.

Who is eligible?

If you have a Repatriation Health Card – For All Conditions (*Gold Card*) the Department of Veterans' Affairs (DVA) will pay for your exercise physiology services based on your clinical need.

If you have a Repatriation Health Card – For Specific Conditions (*White Card*) DVA will pay for exercise physiology services that are necessary to meet a clinical need that is associated with an accepted disability, or malignant cancer if DVA has accepted responsibility for treatment of this condition.

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How do I get access to this service?

You must be referred to an exercise physiologist who treats members of the veteran community by accepting the Gold or White Card.

The referral must come from one of the following:

- a Local Medical Officer (LMO);
- a General Practitioner;
- a medical specialist;
- a treating doctor in hospital;
- a hospital discharge planner;
- another exercise physiologist who has previously received a referral.

How many services can I have?

The number of services you receive depends on your assessed clinical need and will be established by the exercise physiologist.

Do I need to pay?

The exercise physiologist will bill DVA directly for any care provided to you. If you are billed, **do not pay the account**, and advise DVA immediately.

On your first visit

The following table shows you what happens on your first visit to a exercise physiologist:

Stage	Description
1	The exercise physiologist will assess your areas of need for exercise physiology and will take into consideration any other related treatments you are receiving. A written care plan for the period of your care will be prepared and discussed with you.
2	Your exercise physiologist will ask you to sign a DVA service voucher at the completion of treatment at each visit. Before you sign, please check that the service voucher shows your name, file number, date of treatment, and the treatment received. <i>Note:</i> If you are unable to sign, a member of your family or a carer may sign on your behalf.
3	The exercise physiologist will give you a copy of the DVA service voucher.

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Other fact sheets

Other fact sheets related to this topic include:

- *Information for Exercise Physiologists : HIP84*
- *Repatriation Health Card - For All Conditions (Gold): HSV 60*
- *Repatriation Health Card - For Specific Conditions (White): HSV 61*
- *United Kingdom Veterans: HSV 62*
- *Other Commonwealth and Allied Veterans (excluding United Kingdom): HSV 63*
- *Community Transport: HSV 123*
- *Private Motor Vehicle, Bus, Train, Tram and Ferry Travel and Parking Expenses: HSV 124*
- *Taxi, Booked Car with Driver and Air Travel: HSV 125*

More information

All DVA fact sheets are available on request from any DVA office or on the DVA web site at www.dva.gov.au/factsheets/default.htm.

If you need more information about this topic, contact your nearest DVA office (telephone numbers are listed below) or visit the DVA web site at www.dva.gov.au.

DVA telephone numbers:

General Enquiries	133 254
Connects callers from anywhere to their capital city State office.	
Non-metropolitan Callers	1800 555 254
Connects non-metropolitan callers only to the capital city State office.	
Dialling from interstate	1300 13 1945
Allows callers to contact any State office via a series of voice prompts.	
Local Veterans' Affairs Network (VAN) offices	1300 55 1918
Connects callers with their nearest VAN office.	

Note: *If you use a mobile phone, calls may be more costly. You are advised to use a normal phone (i.e. a landline phone) when ringing these numbers.

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