



Ramsay Health Plus Donvale is conveniently positioned across the road from Donvale Rehabilitation Hospital inside Tunstall Square Shopping Centre

Shop 54, Tunstall Square Shopping Centre,
Cnr Doncaster & Tunstall Road,
Doncaster East VIC 3109
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ramsayhealthplus.com.au



MRO049136 RHP DRH Diabetes Care Plus DL Update 0724

Diabetes Care Plus

A multi-disciplinary program for people diagnosed with pre-diabetes and Type 2 Diabetes Mellitus (T2DM)



ramsayhealthplus.com.au

Our Program Aim

To provide a multi-disciplinary, individualised, safe and effective program for people with pre-diabetes and T2DM. Participants can be at various stages of their journey, whether that be recently diagnosed or long-standing diabetes.

The program is designed to provide participants with the knowledge and skills to help facilitate and empower self-management of their diabetes.



Program Structure

The program combines education and exercise in a small group environment. Exercises are tailored to your needs and current level of activity.

The program runs for 9 weeks and consists of the following:

- A comprehensive initial and discharge assessment with an Accredited Exercise Physiologist (AEP)
- 8 group exercise sessions, once per week for 1 hour
- 2 group education sessions for 1 hour

The comprehensive education sessions cover topics including:

- Overview of diabetes and identifying blood sugar ranges (Dietician/Exercise Physiologist)
- Eating for diabetes management (Dietician)
- Exercise and diabetes (Exercise Physiologist)

Partners, family members or close friends are welcome to attend the education sessions.

Cost

The cost will depend on whether you use the Medicare Benefits Scheme (MBS) rebate for T2DM or utilise private health extras cover. Our reception staff will work with you to determine which option is most suitable for you.

The Team:

Our team consists of:

- Dietician
- Exercise Physiologist
- Pharmacist, Occupational Therapist and Psychologist (if required)

Referrals

If using the Medicare Benefits Scheme, a referral should be made by your GP.

Referrals should be addressed to:

Ramsay Health Plus

Mail: Ramsay Health Plus
Shop 54, Tunstall Square Shopping Centre
Cnr Doncaster & Tunstall Road
Doncaster East 3109

Fax: (03) 9916 2403

Email: rhp.drh@ramsayhealth.com.au

For further information please contact the clinic on (03) **9916 2402**

Parking

There is parking available at Tunstall Square Shopping Centre.