

# MyT2D with PDC Program

## Managing Your Type 2 Diabetes with PDC

Do you have questions about your medications or what to eat?

Interested in what support is available?

Are you trying to navigate the healthcare maze?



Just been diagnosed and feel overwhelmed?

Would you like to use physical activity to maintain your glucose levels?

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# **Your T2D program includes 5 clinical appointments tailored to your needs. Alternatively, we recommend the below outline of appointments:**

## **Care Coordinator**

- Extra support for navigating the program

## **Diabetes Educator**

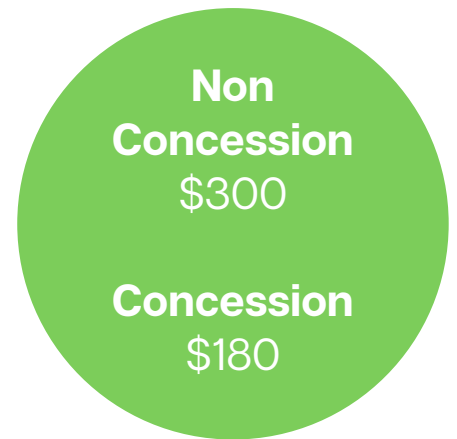
- Initial, 3 & 6 months appointments
- 2 phone appointments + email support

## **Dietitian**

- Initial appointment

## **Podiatry**

- Initial appointment
- Full Diabetes Foot Assessment



## **Exercise Physiologist - Get Active with Type 2 Diabetes**

- Initial Assessment Appointment
- 8 group exercise classes (bulk billed)

## **T2D Collective Membership**

- Includes free entry to educational events
- Discounted entry to any paid social events

## **T2D Diabetes Online Community Membership**

- Online support network for those attending PDC and access to clinicians

10% discount on non-prescription items  
at Pharmacy 777 East Victoria Park or PDC Health Hub Store

**\*\* This program price is available with a Care Plan from your GP for 5 visits allocated to PDC Health Hub \*\***

Further referrals will be discussed with your care coordinator. **If you have used any of your care plan services elsewhere there will be a cost to cover some appointments**