

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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MyT2D with PDC Program

Managing Your Type 2 Diabetes with PDC Health Hub

A 12 month value based care program:
you get a years worth of allied health
appointments included in your once-off
membership fee.

- Your individualised program includes a care team as chosen by you
- You can choose to use a combination of public and private providers for your overall diabetes care
- Flexible appointment options: weekdays, evenings, Saturday and Sunday appointments available
- Variety of locations across Perth
- Telehealth appointments also available
- Exclusive memberships to support groups
- Special discounts on diabetes accessories
- All of your allied health appointments and care under the one umbrella!





Your T2D program appointments include:

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

Non
Concession
\$300

Concession
\$180

Exercise Physiologist - Get Active with Type 2 Diabetes

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

T2D Diabetes Online Community Membership

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

**** 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

Accessing a Care Plan to use at PDC Health Hub



What is a Care Plan?

- A Care Plan is a type of Chronic Disease Management Plan.
- It considers all of your health needs and together with your GP/practice nurse, you will identify some health goals and develop an action plan to help you achieve them.
- If your GP/practice nurse believes you could benefit from the support of at least 2 allied health providers like a diabetes educator, exercise physiologist, dietitian, or podiatrist, they can refer you for consults through a Care Plan.
- You will be eligible for a Medicare rebate for 5 allied health visits per calendar year.

Who is eligible for a Care Plan?

- Anyone who has a chronic medical condition that has or will persist for at least 6 months, and has not received a Care Plan elsewhere (e.g., at a different medical centre) within the past 12 months.

When should I get a Care Plan?

- As soon as you are diagnosed with a chronic medical condition and every year thereafter. Care Plans are valid for 12 months and should be reviewed every 3 months to track progress towards your goals.
- If you've never had a Care Plan, it's not too late to get one!

Why do I need a Care Plan?

- Care Plans are a useful tool in ensuring you receive the best-practice diabetes management and care, including regular monitoring to help prevent complications.
- They provide subsidised access to allied health and group diabetes education services through Medicare.

Where do I get a Care Plan from?

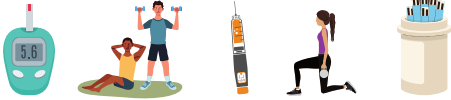
- Your regular GP/medical centre will prepare your Care Plan.
- When booking your appointment, mention that the appointment is to prepare a Care Plan so they can ensure you have enough time allocated to your appointment.

How much does it cost?

- The set-up cost of your Care Plan is determined by your GP/medical centre.
- If your GP recommends a TCA or group education program, these visits are subsidised by Medicare. How much you pay varies from provider to provider.

Care plans summary:

- Ask your GP if you have a GP Management Plan and if not, ask him or her to prepare one for you at your next visit.
- Ensure you book a long consultation. Set aside half an hour to talk to your GP, nurse practitioner or practice nurse about your health needs and goals.
- Ask about subsidised access to individual and group allied health services.
- Make sure your Care Plan is reviewed regularly, ideally every three months.



GETTING ACTIVE WITH T2D

An 8 week group program designed to support you in exercising safely with Type 2 Diabetes (T2D) and learning how exercise can help you manage your blood glucose levels.

The program also includes educational sessions with Dietitians and Credentialed Diabetes Educators.



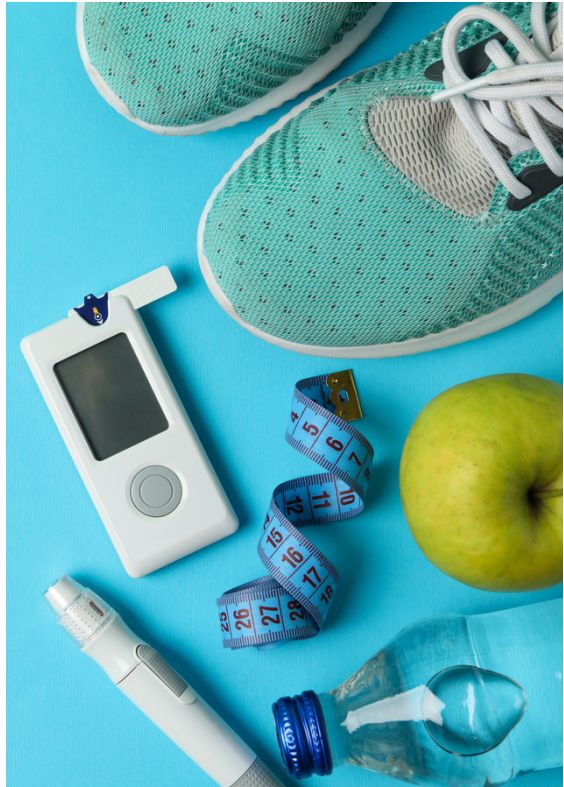
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WHAT'S INVOLVED

Firstly, an initial assessment with our accredited exercise physiologist is required to obtain an understanding of your current level of activity, health concerns, assess any current or past injuries and discuss your future goals. Following this, you can join the 8 class program where you attend group sessions. Throughout the program, you will learn about the topics below. This education and practical experience, sets you up to achieve your goals and allow you to exercise safely.

Each week includes a 60 minute personalised exercise program supervised by an accredited exercise physiologist. We will also keep a close eye on your blood glucose levels as you exercise.



Home strength programs are prescribed and are encouraged to be undertaken between gym group sessions.

PDC Fitness Hub:

Small group classes, individualised programs and a private gym





DIABETES EDUCATION

- Type 1, Type 2, LADA, GDM and MODY support
- Newly diagnosed patients
- Insulin initiation and support
- Insulin pump starts
- Diabetes and pregnancy clinic
- Diabetes self-management
- Technology support and equipment upgrades
- Plans surrounding illness, travel and driving



DIETITIAN

- Diabetes support
- Carbohydrate counting
- Heart disease
- High cholesterol and high BP
- Coeliac Disease
- Food intolerances and allergies
- Gastrointestinal conditions
- Inflammatory Bowel Disease, IBS
- Shopping tours (individual/group)
- Weight loss and management



EXERCISE PHYSIOLOGY & PHYSIOTHERAPY

- Individualised, safe programs for diabetes, musculoskeletal, cardiovascular, respiratory and other chronic conditions
- Workers compensation
- ERAA and Strength for Life provider
- Monitored gym sessions
- Group exercise programs
- Injury management
- Chronic pain management



PODIATRY

- Diabetes foot assessment
- Photoplethysmography (PPG) and toe blood pressure
- Corn / callus removal
- Musculoskeletal conditions of the foot and ankle
- Compression therapy
- Infections
- Fungal nail treatment
- Ingrown toenail surgery
- Custom orthotics
- Plantar warts
- Assess leg, ankle and foot pain
- Treatment of specific lower limb conditions
- Children's foot problems



PEER SUPPORT AND ADVOCACY

- T1D Collective
- T2D Collective
- Western Australian Lions Diabetes Club



ACCREDITED PHARMACISTS

- Home Medicines Reviews (HMR)
- Sleep studies and CPAP sales
- Prescriptions, medications and wellbeing items - including compounding
- NDSS products
- Provide advice on medication safety

Contact us



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