



infosheet

T2 Diabetes Group/ 10 Week Challenge

Exercise, healthy eating and lifestyle coaching

If you are at risk of or have T2 diabetes this is a program especially designed to achieve a sustainable healthy lifestyle; reducing the risks of T2 diabetes. Over 10 weeks in group coaching sessions you will receive information, support and participate in light to moderate exercise.

Who is suitable for the 10 Week Challenge?

If you'd like to enjoy better health and want to improve your lifestyle, the **10 Week Challenge** will help you with the right choices. The program assists:

- Anyone wanting a healthier lifestyle
- Diabetes and pre-diabetes
- Sustainable weight loss
- Heart disease.

What's involved?

We start with an assessment with an exercise physiologist or dietitian to understand your health needs and discuss the program to decide if it suits you. Then attend 10 weekly one hour group coaching and exercise sessions. Topics include:

- Creating and maintaining a healthy lifestyle
- Which activity is right for you
- Recognising hidden sources of unhealthy fats, salt and sugars
- Recipe modification, meal planning, budgeting and eating out
- Interpreting food labels
- Myths and misconceptions; Non-hungry eating
- Reports to your GP.



Cost and rebates:

Initial consultation \$95
10 small group sessions \$280

Rebates are available through most health funds, under Medicare enhanced care plans and T2 diabetes group services.

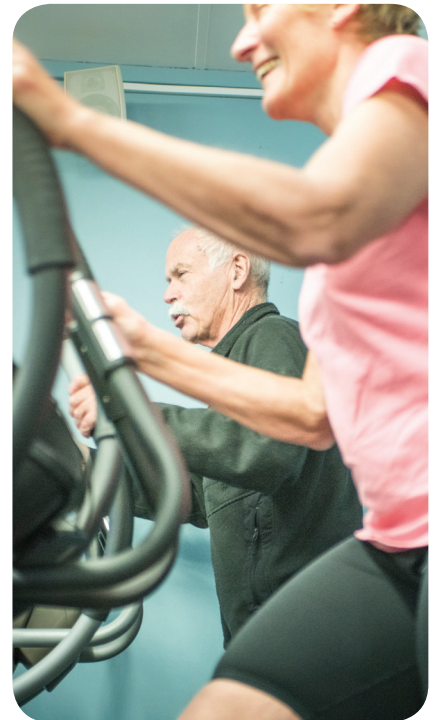
How do I get started?

Book an initial consultation with our exercise physiologists or dietitian.

Do I need a referral?

Referral is not required for private health fund rebates but is required for Medicare rebates.

Ask your doctor about referral under Medicare EPC plans of up to 5 rebates. If you are at risk of or have T2 diabetes, your doctor can also refer under T2 Diabetes group services in addition to the EPC referral. Just bring any referrals along to your first consultation, and we will explain how the rebates will work for you.



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On-the-spot health fund rebates and EFTPOS available via TYRO.