



**CHRONIC CARE
AUSTRALIA**

At Chronic Care Australia we work with our referring GPs and specialists to treat, manage, prevent and monitor the mental and physical elements of patients conditions.

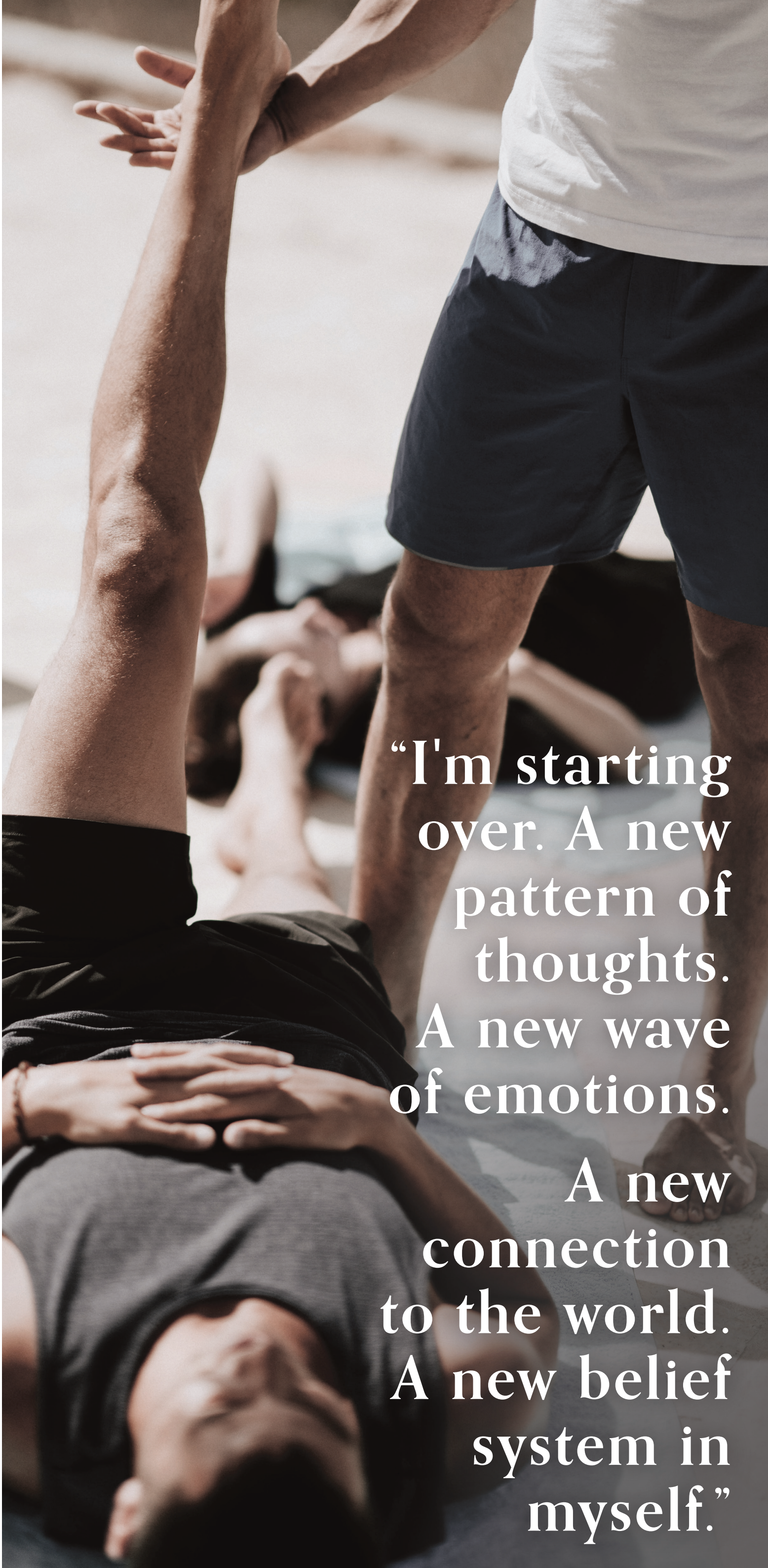
THE AIM OF DVA FUNDED EXERCISE PHYSIOLOGY IS TO;

1. Assess and design an individualised exercise program that addresses the need of their referred, specific clinical condition.
2. Provide with the skills to independently and long-term manage their health condition through an appropriate exercise regime.

COMMON MENTAL HEALTH CONDITIONS AFFECTING VETERANS

- ✦ Depression
- ✦ Post-Traumatic Stress Disorder (PTSD)
- ✦ Social Anxiety Disorder
- ✦ Generalised Anxiety Disorder
- ✦ Panic Attacks
- ✦ Agoraphobia
- ✦ Alcohol and Drug Dependence

For more information on our programs, please call one of our friendly staff on (08) 9385 1430, email hello@chroniccare.com.au or go to chroniccare.com.au.



“I'm starting over. A new pattern of thoughts. A new wave of emotions.

A new connection to the world. A new belief system in myself.”

EXERCISE MEDICINE FOR MENTAL HEALTH MANAGEMENT

We receive referrals from psychiatrists, GPs, and other medical specialist requesting exercise medicine services for combined mental and physical conditions. Specific outcomes from these referrers include;

- + Management and reduction of anxiety symptoms, including the creation of a trustworthy and safe environment to exercise
- + Improved mood and energy levels
- + Reduced and managed DASS21 scores
- + Improved relationship with and definition of exercise, and creating routine and schedule to assist with the transition to civilian context
- + Weight management
- + Management of mental health and prevalence of relapse

Getting started and accessing these services

Be issued a referral by any of the following;

- + General Practitioner (GP)
- + Medical Specialist
- + A health professional as part of a hospital discharge

With a referral, Exercise Physiologists can provide services to any Gold or White Card Holder for;

- + 12x private sessions before referral for subsequent treatment is required by the entitled person's usual GP

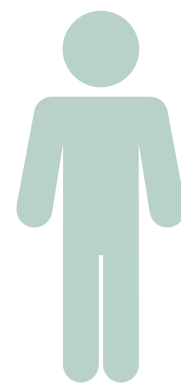
REFERRALS FOR ENTITLED PERSONS WHO ARE IN RECEIPT OF A TOTALLY AND PERMANENTLY INCAPACITATED (TPI) GOLD CARD PAYMENT TO EXERCISE PHYSIOLOGISTS ARE VALID FOR;

- + 12 months, or
- + Indefinitely, where the referral is made by the entitled person's usual GP and clearly states that it is an indefinite referral for a chronic condition
- + Initial consultation: The session consists of a client interview of medical history, musculoskeletal screening, program design, goals and session planning. Once your initial consultation is complete your Exercise Physiologist will report back to your referrer and plan your rehabilitation program ready for your regularly scheduled private sessions, ultimately 1-2x per week.

At Chronic Care Australia we're committed to reducing the burden of chronic disease in our communities.

Over the past three years we have developed and validated an exercise medicine prescription and delivery system that successfully treats, manages and prevents mental and physical illnesses at the same time.

NOT ONLY DO 85.3% OF PATIENTS SUCCESSFULLY COMPLETE OUR 8 AND 12 WEEK PROGRAMS, THE PROGRAMS HAVE ALSO BEEN CLINICALLY PROVEN TO;

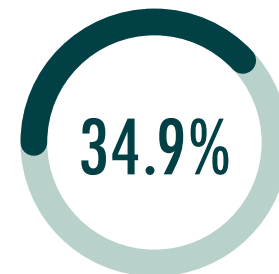


- ↓ REDUCE THE SYMPTOMS OF DEPRESSION BY 37.9%
- ↓ SIGNIFICANTLY REDUCE BLOOD PRESSURE
- ↑ INCREASE PATIENTS MOTIVATION TO EXERCISE FOR UP TO 300 DAYS
- ↑ INCREASE PATIENTS CAPACITY FOR CARDIOVASCULAR WORK ONCE ENGAGED IN EXERCISE

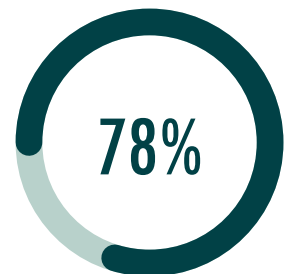
REDUCE ANXIETY SYMPTOMS BY



REDUCE STRESS INDICATORS BY



IMPROVE PERCEPTION OF GENERAL HEALTH & WELLBEING BY UP TO



VETERANS PROGRAMS & SERVICES AT CHRONIC CARE AUSTRALIA

Comprehensive allied health care management services & programs for whole person healthcare.

