



Health Care

Exercise Physiology – Information for the Veteran Community

Overview

This Factsheet describes how you can get access to exercise physiology services. It provides information relating to:

- Who is eligible
- How to access exercise physiology services.

What is Exercise Physiology?

Exercise physiology services include the delivery of clinical exercise interventions to manage chronic disease and the provision of post-acute exercise rehabilitation for people recovering from major injury or illness. Exercise physiology contributes to the management of:

- diabetes;
- cardiovascular disease;
- osteoporosis;
- arthritis;
- cancer; and
- muscular conditions of a chronic nature.

Who is eligible?

If you have a Repatriation Health Card – For All Conditions (Gold Card), DVA will pay for exercise physiology services available through DVA arrangements that meet your clinical needs.

If you have a Repatriation Health Card – For Specific Conditions (White Card), DVA will pay for exercise physiology services that are required because of an accepted war or service caused injury or disease.

Where a White Card has been issued for:

- malignant cancer,
- pulmonary tuberculosis,
- post traumatic stress disorder (PTSD), or
- anxiety and/or depression (whether war caused or not),

DVA will provide treatment for clinical needs related to these conditions.

How do I get access to this service?

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You must be referred to an exercise physiologist who treats members of the veteran community by accepting the Gold or White Card.

The referral must come from one of the following:

- a Local Medical Officer (LMO);
- a General Practitioner;
- a medical specialist;
- a treating doctor in hospital;
- a hospital discharge planner;
- another exercise physiologist who has previously received a referral.

How many services can I have?

The number of services you receive depends on your assessed clinical need and will be established by the exercise physiologist.

Do I need to pay?

The exercise physiologist will bill DVA directly for any care provided to you. If you are billed, do not pay the account, and contact DVA immediately.

On your first visit

The following table shows you what happens on your first visit to a exercise physiologist:

Stage	Description
1	The exercise physiologist will assess your areas of need for exercise physiology and will take into consideration any other related treatments you are receiving. A written care plan for the period of your care will be prepared and should be discussed with you.
2	Your exercise physiologist will ask you to sign a DVA service voucher at the completion of treatment at each visit. Before you sign, please check that the service voucher shows your name, file number, date of treatment, and the treatment received. Note: If you are unable to sign, a member of your family or a carer may sign on your behalf.
3	The exercise physiologist will give you a copy of the DVA service voucher.

Other Factsheets

Other Factsheets related to this topic include:

Commonwealth and other Allied Veterans: HSV62

Information for Exercise Physiologists : HIP84

Repatriation Health Card - For All Conditions (Gold): HSV60

Repatriation Health Card - For Specific Conditions (White): HSV61

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Transport modes under the Repatriation Transport Scheme: HSV03

More information

All DVA Factsheets are available from DVA offices, and on the DVA website at:
www.dva.gov.au.

You can phone DVA for the cost of a local call on 133 254
or 1800 555 254 for country callers. Use a normal landline phone if you can. Mobile phone
calls may cost you more.

You can send an email to DVA at: generalenquiries@dva.gov.au.
You can get more help from any DVA office.