

EXERCISE PHYSIOLOGY – Q & A FOR MEMBERS OF THE VETERAN COMMUNITY

What is exercise physiology?

Exercise physiology is clinical exercise to manage chronic disease and help people recover from major illness or injury.

How can it help me?

Exercise physiology helps with the management of diabetes, cardiovascular disease, osteoporosis, arthritis, cancer and chronic muscular conditions.

Who are exercise physiologists?

Exercise physiologists are university trained exercise science professionals with knowledge and skills to design and deliver clinical exercise, for example, specific physical activity to manage chronic disease.

Who can provide this service to me?

Only eligible exercise physiology providers, based on Australian Association of Exercise and Sports Science (AAESS) standards may provide exercise physiology services to eligible veterans.

How can I be eligible?

If you have a **Gold Card** then DVA will pay for your exercise physiology services based on your clinical need.

If you are a **White Card** holder then DVA will pay for exercise physiology services that are necessary to meet a clinical need associated with an accepted disability or malignant cancer if DVA has accepted responsibility for treatment of this condition.

When does it commence?

Exercise physiology service provision will commence from 13 August 2007.

What do I have to do to use these services?

To use these services, you must be referred for example by your GP to an exercise physiologist who treats members of the veteran community.

What will it cost me?

You will not need to pay for any service provided as the exercise physiologist will bill DVA directly

How often can I use it?

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

Any more information?

DVA has prepared an Exercise Physiology Fact Sheet which is available from the DVA website www.dva.gov.au/factsheets/default.htm or you can contact your local DVA office on 133 254.