



**Australian Government**  

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**Department of Veterans' Affairs**

**NOTES FOR  
ALLIED HEALTH PROVIDERS  
SECTION 2(f)  
EXERCISE PHYSIOLOGISTS**

This section of the Notes for Allied Health Providers must be read in conjunction with Section 1 – General

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### **Providing exercise physiology services**

These Notes should be read in conjunction with Notes for Allied Health Providers Section One: General.

1. Only an exercise physiologist who is accredited by Exercise & Sports Science Australia and has been issued with a provider number by the Department of Human Services at the time of service is eligible to provide services to entitled persons.

### **Prior financial authorisation**

2. There are specific item numbers requiring prior financial authorisation indicated by shading in the DVA *Exercise Physiologists Schedule of Fees*. Please refer to this document to identify items requiring prior financial authorisation. Fee schedules are available at:

[www.dva.gov.au/service\\_providers/Fee\\_schedules/Pages/Dental\\_and\\_Allied\\_Health.aspx](http://www.dva.gov.au/service_providers/Fee_schedules/Pages/Dental_and_Allied_Health.aspx)

3. For information on how to seek prior financial authorisation, refer to Notes for Allied Health Providers Section One: General [clauses 51-56].

### **Treatment thresholds/limits**

4. For information on treatment thresholds and limits refer to Notes for Allied Health Providers Section One: General [clauses 20-23].  
Treatment Cycle
5. For information on the treatment cycle arrangements, which came into effect on 1 October 2019, refer to Notes for Allied Health Providers Section One: General.

### **Treating veterans in receipt of a Totally and Permanently Incapacitated (TPI) payment**

6. DVA clients in receipt of a Totally and Permanently Incapacitated (TPI) payment are exempt from the treatment cycle arrangements for exercise physiology services. It is the allied health provider's responsibility to check the client's gold card to ensure TPI status before they commence treatment.
7. A referral is required for a TPI veteran to receive DVA funded exercise physiology services. This referral is valid for 12 months unless it is an ongoing referral [see clauses 9-10].
8. Clients with chronic conditions which require ongoing treatment do not need a new referral every 12 months. These clients should discuss their treatment needs with their usual GP, with a view to obtaining an indefinite referral for the ongoing treatment of their chronic condition. Indefinite referrals must only be used where the entitled client's clinical condition is chronic and requires continuing care and management. For a definition of usual GP refer to Clause 30 of the Notes for Allied Health Providers Section One: General.

9. Should a GP wish to make an indefinite referral they should clearly state on the referral that it is an indefinite referral for a chronic condition. Only the GP can determine if an indefinite referral is appropriate.
10. Referrals are not required to be sent with your accounts to DHS however, all referrals must be kept with client records and if required, made available for auditing purposes. The health care provider must be aware of the dates of referrals as they are not able to provide services once a referral has expired. If an indefinite referral was issued, the client must be reviewed every 12 months to ensure the relevancy of the delivered clinical treatment to meet clinical needs.

### **Supervision of exercise physiology sessions**

11. An exercise physiologist must be present for the entire DVA funded consultation/treatment session, regardless of the method of delivery such as individual, group or aquatic sessions.
12. An aide or a student cannot provide treatment on behalf of an accredited exercise physiologist. With the consent of the entitled person, a student or an assistant may observe the service being provided by the qualified healthcare provider during a consultation funded under the DVA Schedule of Fees.

### **Restrictions on services**

13. While all exercise physiology services claimed must be in accordance with the entitled person's assessed clinical need, the following specific restrictions exist:
  - (a) only one initial consultation item can be claimed per treatment cycle. Should a patient require an additional treatment cycle, their GP will issue a new referral which will result in another initial consultation.
  - (b) a subsequent consultation and an initial consultation cannot be provided on the same day for the same patient;
  - (c) only one subsequent consultation per patient can be provided each day; and
  - (d) an exercise physiology consultation cannot be claimed on the same day as another musculoskeletal service (chiropractic, osteopathy or physiotherapy) to treat the same condition. When booking a treatment session with a DVA client exercise physiologists must check to ensure another DVA funded musculoskeletal service is not being provided on the same day to treat the same condition.
14. Group sessions:
  - (e) A group consultation is claimed when two or more participants are present in a treatment session receiving constant overall supervision and intermittent individual care;
  - (f) All group sessions should be limited to 12 participants (including aquatic exercise therapy/hydrotherapy);

- (g) Group sessions cannot be supervised by anyone other than an exercise physiologist, who must be present for the entire treatment session; and
  - (h) Group sessions must be clinically necessary; they cannot be used for generalised and ongoing exercise regimes or general gym programs.
  - (i) Only one group consultation per entitled person can be provided each day.
15. When access to a gym or pool is necessary for treatment, the entry fee is included in the fee for consultation.
16. Sessions cannot be supervised by anyone other than an exercise physiologist, who must be present for the entire treatment session.
17. DVA will only pay for services as set out in the *Exercise Physiologists Schedule of Fees*.
18. DVA does not pay for exercise physiology services for generalised and ongoing exercise regimes.
19. DVA does not pay for general gym programs.
20. DVA will not pay for services that have been paid for by a third party. For more information refer to Notes for Allied Health Providers Section One: General [clause 133].

### **Supervised aquatic exercise physiology**

21. An exercise physiologist can provide clinically necessary supervised individual or group aquatic exercise therapy to meet an entitled person's clinical needs as a part of a normal course of treatment. Supervised individual or group aquatic exercise therapy cannot be provided by an exercise physiology aide or assistant.
22. Only one supervised aquatic exercise therapy consultation per entitled person can be provided each day.
23. Supervised aquatic exercise therapy group sessions are to contain no more than 12 participants, to ensure the exercise physiologist is able to meet the clinical needs of the entitled person. When two or more participants are present in the session, a group consultation must be claimed.
24. Supervised individual aquatic exercise therapy and supervised group aquatic exercise therapy both have set fees. These fees cover the provision of the service to one entitled person. The cost of pool admission for the entitled person is included in the fee, and you are responsible for organising all aspects of the pool admission\*.
25. Exercise physiologists are unable to claim travel costs when they travel from their rooms to a pool facility to provide aquatic exercise therapy services.
26. DVA will not pay for the costs associated with:
- unsupervised water exercises;
  - water aerobics;

- generalised pool exercise programs;
- recreational swimming; or
- unsupervised hydrotherapy.

\*The cost of pool or gymnasium admission must never be charged to the entitled person.

### **Advertising**

27. For information on advertising refer to Notes for Allied Health Providers Section One: General [clauses 87-92].