



## Life Care Active Reynella & Aldinga Beach Court Fee Schedule - Effective 1 July 2022

The below fees are for eligible for claiming under **Private Health Insurance**. Please note that these services are also eligible to claim through **Medicare EPC plans (\$8 gap)** or through the **Department of Veterans Affairs (DVA)** for eligible clients.

Allied Health	Initial Consult	Subsequent
Exercise Physiology, Podiatry, Physiotherapy, Occupational Therapy (clinic Based)	\$95.00	\$68.00

Personal Trainer Led Exercise	Fee
Life Fit	\$11.00
Strength and Balance	\$14.00
Parkinson's Exercise	\$13.00
MS Exercise	\$13.00
Personal Training 1:1	\$44.00
Small Group PT	\$18.00



Class   Descriptor	Intensity	Focus
<b>MS Exercise:</b> A specialised exercise group for clients with Multiple Sclerosis. Programs are designed and supervised by an Exercise Physiologist and are designed to work towards a client's individual goals. Eligible for NDIS funding.	Individualised	Multiple Sclerosis disease management
<b>Parkinson's:</b> A group exercise class for clients with Parkinson's disease focusing on the key areas affected by the disease process. Led by an Exercise Physiologist.	Individualised	Parkinson's disease management
<b>Strength and Balance:</b> 1) A group exercise class for clients looking to maintain their independence at home. A strong focus on falls prevention, functional strength for activities of daily living, and improving confidence for everyday living. Led by a Physiotherapist or Exercise Physiologist. 2) A higher level balance class led by the Personal Trainer.	1) Low  2) Low - Medium	1) Fall prevention, maintaining independence  2) Fall prevention, maintaining independence
<b>Life Fit:</b> Personal trainer led class in the gym with individualised programs combining cardio with strength, flexibility, balance and agility.	Individualised	Cardio, strength, balance, agility

