



Life Care Active Reynella Fee Schedule Effective 1 July 2023

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 (\$10 gap)** or through the **Department of Veterans Affairs (DVA)** for eligible clients.

Allied Health	Initial Consult	Subsequent
Physiotherapy, Exercise Physiology, Podiatry	Clinic: \$105.00 Home: \$198.00	Clinic: \$75.00 Home: \$132.00
Occupational Therapy (in-home)	Per hour: \$154.00	Per hour: \$154.00
Occupational Therapy (in-clinic)	Clinic: \$105.00	N/A
Personal Trainer - Individual session		Clinic: \$48.50 Home: \$90.00

Personal Trainer Led Exercise	Fee
Life Fit	\$12.00
Strength and Balance	\$15.00
Parkinson's Exercise	\$14.00
MS Exercise	\$14.00
Personal Training 1:1	\$48.50
Small Group PT	\$20.00

Refer overleaf for class descriptors including intensity level and focus, cancellation fee may be charged for less than 12 hours notice given.

Class Descriptor	Intensity	Focus
<p>MS Exercise: A specialised exercise group for clients with Multiple Sclerosis. Programs are designed and supervised by a personal trainer and are designed to work towards a client's individual goals. Eligible for NDIS funding.</p>	Individualised	Multiple Sclerosis disease management
<p>Parkinson's: A group exercise class for clients with Parkinson's disease focusing on the key areas affected by the disease process. Led by a personal trainer.</p>	Individualised	Parkinson's disease management
<p>Strength and Balance: 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 Personal Trainer.</p>	Low – Medium	Fall prevention, maintaining independence
<p>Life Fit: Personal trainer led class in the gym with individualised programs combining cardio with strength, flexibility, balance and agility.</p>	Individualised	Cardio, strength, balance, agility