



Shell Cove  
FAMILY HEALTH

# ALLIED HEALTH SERVICES AT SCFH

## WANT TO TAKE CONTROL OF YOUR HEALTH?

Our team is here to get you started and support you along the way! Our qualified allied health staff can help you to optimise your health and wellbeing, whatever your goals may be.

Bulk-billed appointments (no gap fees) are available with any GP referral under a chronic disease management plan or mental health care plan. Private appointments are also available and you may be eligible for a rebate with your private health insurer.\*

The services available include:

- Dietetics
- Exercise Physiology
- Psychology

\*Private health fund rebates vary, depending on insurer and level of cover



**TO FIND OUT MORE, OR TO BOOK AN  
APPOINTMENT, CALL 02 4220 8800  
OR SPEAK TO RECEPTION.**

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## DIETETICS

Our Accredited Practising Dietitian (APD) can provide individualised dietary assessments and practical advice for infants, children and adults, as well as pregnancy. Make an appointment with our dietitian for tips on simply optimising your general health or for specific nutrition concerns or conditions.

## EXERCISE PHYSIOLOGY

Our Accredited Exercise Physiologists provide individual assessment and program prescription for those with chronic conditions, musculoskeletal injuries and for general health and wellbeing. We aim to give you the skills for sustainable, long term self-management of your physical activity. Services provided include workers compensation, DVA, Medicare and group diabetes exercise classes.

## PSYCHOLOGY

Our team of Psychologists have training and experience in the assessment, diagnosis and treatment of a range of mental health problems and disorders for children, teenagers, and adults. Psychology sessions can be helpful for developing a better understanding of your emotions and behaviours in order to make helpful and lasting changes to your life.

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