

The Live Longer Program is a FREE program that combines multiple disciplines for the treatment of Obesity and Chronic Illness. It is designed to achieve long lasting results in clients and has already helped to change the lives of many clients.

The program is a **FREE 24 Week Medicare Rebatable Program** that consists of regular visits with a team of qualified professionals including;

- ✓ Dietitian
- ✓ Exercise Physiologist
- ✓ Psychologist
- ✓ Physiotherapist
- ✓ Podiatrist



Live Longer

Obesity & Chronic Illness Program

**Book your
Free 15 Min
Consult**

Southwest *Wellness* Centre



5 Exchange Parade
Narellan NSW 2567
Ph 02 4647 1134
Fax: 02 4646 1000

www.southwestwellness.com.au
info@southwestwellness.com.au

Live Longer

Obesity & Chronic Illness Program

**FREE
24 Week
Program**



*Live Healthier
Live Stronger
Live Longer*

The Live Longer Program

The Live Longer Program was designed to help people who are struggling with Obesity, Diabetes and a Chronic Illness with providing a comprehensive program including diet and exercise.

The program is run out of Southwest Wellness Centre which means clients receive holistic treatment with the convenience of the same location. In addition practitioners can work together to ensure the client is getting the best care.

Program Content

The Live Longer Program is a comprehensive FREE 24 week Program (Medicare Funded). The program combines Exercise Physiology, Dietetics, Psychology and Physiotherapy, to ensure patients receive well rounded and holistic care.

Initial 6 Weeks

Your first 6 weeks will be one on one sessions with all of our practitioners including the Physiotherapist, Exercise Physiologist, Dietitian and Psychologist. During this time you will be set up with your customised exercise program, your individual meals plans and commence with the Psychologist

Weeks 7 to 24

Across the 24 weeks, there will be a combination of individual sessions and group sessions. During these group sessions you will focus on exercise and diet, with regular weigh in's, check in's and motivation from our exercise physiologist. You will also continue with you psychology appointments.

During the course of this program, you will have 6 days a week FREE casual access to our exercise clinic.

Psychology

The psychology component is an important part of the Live Longer program as there have been links between obesity & diabetes and depression, anxiety and mental health care issues.

Why Our Program Works

The Live Longer Program works because it combines a holistic approach to your healthcare with all practitioners working together to help you achieve your goal.

- Our Physiotherapist will assist with injury prevention
- Our Dietitian and Exercise Physiologist will keep you on track with both diet and exercise, essential for your results
- Our Psychologist will help you through stress, anxiety, depression and any psychological factors inhibiting your success. Working on the mind is an extremely important part of your overall success
- We provide free access to our fitness studio to allow you more time to exercise to achieve your results.

Our program is a long term , comprehensive solution which is highly suitable for those who are Medium to Very High Risk and those in greater need of assistance.

Key benefits of program & facility

- Free Casual Access to the exercise clinic
- Long Opening Hours (5.30am to 8.00pm) and Saturdays.
- Child Minding facilities
- Everything under one roof & managed through one reception counter

Meet some of our Live Longer stars!



Southwest *Wellness* Centre

Southwest Wellness Centre is a private custom built Health Facility with all our practitioners under one roof providing ease and convenience for clients.

The facility is well equipped for clients who are suffering with obesity. It has modern technology a diverse range of equipment and a fantastic supporting environment.

The centre facilities include fully equipped exercise studio, podiatry clinic, private, shower/bathroom, fully equipped physiotherapy clinic, and much more.

How Do I Get Started?

We Recommend that you contact us for your FREE 15 Min Consult. We can determine your eligibility and give you all the required referral forms for your GP. 02 4647 1134

To be eligible for the program you must be referred by your General Practitioner as you must be suffering a chronic illness and/or diabetes.

Your General Practitioner must complete the information listed below.

GP Information

If your patient is suffering a chronic illness, obesity or diabetes they are eligible for our Live Longer Program. They will require three (3) referral forms.

Referral 1—EPC (Enhanced Primary Care)

We recommend the patient use their 5 sessions as follows 1 x Physiotherapy, 2 x Dietitian, 2 x Exercise Phys

Referral 2—Group Type 2 Diabetes Group Referral

The T2D Group Program is for Type II Diabetes and provides access to group services under Medicare.

Referral 3—Mental Health Care Plan

Patients suffering from anxiety, depression & stress & grief who require the services of our Psychologist .