

# INTRODUCING SPORTING WHEELIES



# TELEHEALTH SERVICE: ONLINE EXERCISE PHYSIOLOGY

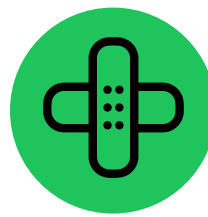
## WHAT IS TELEHEALTH? HOW IS IT EFFECTIVE?



Telehealth is the delivery of technology-based exercise, "supporting **wellness, prevention, health management and performance improvement.**" (ESSA, 2020)



Physician adoption of telehealth has increased **340%** between 2015-2018 and **93%** of these cases reported significant improvements in patient access to effective care. (AMWELL, 2019)



**Key benefits of telehealth** in the field of disability has demonstrated:

- Success in **musculoskeletal rehabilitation** and **chronic disease** management
- Reduced risk of **comorbidities** and complications through **exercise prescription.** (AHPA, 2018)



Telehealth is now **100% subsidised by NDIS**, and **partially subsidised by Medicare.** Privately paying clients are charged at a subsidised rate and can now top that up with a GP referral for an Enhanced Primary Care Plan (EPC). This provides five sessions per year to further reduce their out of pocket expenses.

### STEP 1.

What you'll need to get online & **connected** with us:



- 1) A computer or smart device equipped with a camera or external camera.
- 2) An integrated or external microphone.
- 3) High-speed wireless or mobile internet

### STEP 2.

#### PREPARATION IS SIMPLE!



#### PHYSIAPP:

- You will need to use PhysiApp from your browser or smart-device.
- Your EP will provide you with an access code to access your account!



#### LIGHT:

- Set-up in a well-lit area.
- Ensure light sources are not directly behind you.



#### CAMERA:

- Check your camera angle, make sure you are in shot.
- Remember, full body exercises, in both standing and seated positions may be required.



#### NOISE:

- Minimise noise, if possible, to avoid distraction.

### STEP 3.

## CHOOSE WHICH PROGRAM BEST MEETS YOUR GOALS!

### GOLD ACCESS EXERCISE PHYSIOLOGY

Our **Access Exercise Physiology** program provides you with a regular one-hour consultation via your PhysiApp (usually weekly) and includes:

- exercise prescription
- benchmarking
- health assessments
- progress monitoring
- reporting

This program is everything you would expect from a standard face to face Exercise Physiology session but with the bonus of online monitoring and the capability for you to stay connected with your clinician between sessions with our online platform.

### SILVER ACCESS FITNESS BUILDER

Our **Access Fitness Builder** program allows you to develop an exercise prescription with some personalisation to meet your goals. It includes:

- A once-off 30 minute online consultation and personalised program.
- This is followed by a 30 minute online session to take you through the program step by step.

You are then able to continue your training program in your own home and your own time using our online platform to stay connected and monitor your activity.

### BRONZE ACCESS KEEP FIT

Our **Access Keep Fit** program is ideal for those people just wanting a standard program to keep them active at home. It includes:

- A 15 minute online consultation and program development using our online gym platform.
- The online gym includes standard exercises you can do at home with information and videos for you to watch to develop your technique.

**Bonus!** We are currently offering this service complimentary to all Sporting Wheelies Gym Members during the COVID-19 shut-down

## ACCESS EP ONLINE

WHAT LEVEL OF SERVICE IS RIGHT FOR ME?

#### INCLUDED FEATURES!

#### GOLD ACCESS

#### SILVER ACCESS

#### BRONZE ACCESS

**PhysiApp:** Access to your own account & program via the web or your smart-device



**Program Design:** App-based Exercise program with instructional videos.



Highly personalised exercise prescription



**Goals:** Improve strength & fitness



**Goals:** Improve function



**Goals:** Support Worker Training



**Support:** Ongoing one-on-one support & 2-way messaging with your EP



**Progress Monitoring:** Benchmarking, adherence monitoring & health assessment



**Adaptive Prescription:** Ongoing one-on-one sessions and program reviews.



**\$183.69**  
per session

**\$183.69**  
+ \$50 per month

**\$50**  
per month

**Ongoing 1-hr sessions** that adapt with you, ensuring you are challenged, engaged and continue to reach your personal goals.

**2x 30min** sessions that provide you with a personalised program to workout independently. This includes a consultation and program run-through.

**1x 15m** consultation and a standard gym program to keep you active from home based on your strength and fitness goals.

CONTACT US TODAY TO SEE HOW  
WE CAN IMPROVE YOUR HEALTH AND FITNESS.

(07)3253 3333 | gym@sportingwheelies.org.au

1. [https://www.essa.org.au/Public/Coronavirus\\_\(COVID-19\)\\_Telehealth\\_Updates.aspx](https://www.essa.org.au/Public/Coronavirus_(COVID-19)_Telehealth_Updates.aspx)  
 2. <https://business.amwell.com/resources/telehealth-index-2019-physician-survey>  
 3. <https://ahpa.com.au/wp-content/uploads/2018/07/180719-MBS-Position-Statement-Telehealth.pdf>  
 4. <https://www.physitrack.com/>

# SPORTING WHEELIES HEALTH & FITNESS CENTRE

## TELEHEALTH FACTSHEET

### SPORTING WHEELIES HOME DELIVERED!

#### NOW WE ARE BRINGING OUR EXERCISE EXPERTS TO YOU - THROUGH TELEHEALTH!

Telehealth is a new way that Sporting Wheelies is delivering your Exercise Physiology service without you needing to attend our Health and Wellness Centre at Bowen Hills. It is as simple as downloading an app on your smartphone or tablet. Your consultation is conducted over a secure video channel - you can see your therapist, and they can see you. Your therapist can assess your range of movement, prescribe and watch you perform your exercises and offer advice and suggestions - just as they would in the centre. Any exercise program that your therapist creates for you is sent directly to your phone or tablet and you can message your therapist directly if you have any questions.

#### WHY DO I NEED A TELEHEALTH APPOINTMENT?

Although this might seem a little bit strange, being able to receive an appointment without leaving your home is actually a great idea! In fact, quality telepractice is as effective as face-to-face therapy and is used across Australia for a range of health services.



#### WHAT ARE ALL THE BENEFITS OF TELEHEALTH?

- Easy to use.
- Improves your access to health care.
- Your progress can be managed remotely.
- Reduced travel time and the inconvenience and cost associated with travel.
- You get high quality services from our experienced and accredited exercise physiologists.
- With the impact of COVID-19, you can remain self-isolated or quarantined.
- It works!
- Research shows people report high satisfaction with its effectiveness to help them reach their goals.

#### HOW MUCH DOES IT COST?

Fortunately, you can still use your NDIS funding to pay for a telehealth appointment, just as you would pay for a consultation in our centre. If you do not have an NDIS plan, you can still access our telehealth services and subsidised pricing is available. Please contact us and we will discuss your options.



#### OUR GUARANTEE TO OUR CLIENTS



End-to-end on-shore **encryption** for your security and privacy.



PhysiTrack software has been **scientifically proven** to increase home exercise adherence and patient confidence.



Physitrack includes **peer reviewed** exercises, health assessments and education to enable us to measure your progress.

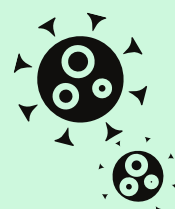


The PhysiTrack App will always be **free** for our clients and includes access to your personal program and progress.

#### NDIS RESPONSE TO COVID-19

The NDIS has recently announced a response to COVID-19 to support both participants and service providers during this difficult time. As a result, **NDIS is increasing its prices and changing some policies regarding cancellation.**

The increase in price will not impact you, as your plan will be adjusted accordingly, however, it does provide some relief to providers like us who are doing it tough at the moment. At this time, Sporting Wheelies will be accessing the maximum price from NDIS to assist us to continue trading.



"Physitrack online sessions were easy to set-up and have been very successful over the last two weeks. Our exercise physiologist is always positive, punctual, and highly motivating throughout Matt's sessions. We really appreciate being able to keep Matt active and exercising whilst at home"

- Father of a Telehealth Client

### CONTACT US TODAY

TO SEE HOW WE CAN IMPROVE YOUR HEALTH AND FITNESS THROUGH **ACCESS EP ONLINE.**

(07)3253 3333 | [gym@sportingwheelies.org.au](mailto:gym@sportingwheelies.org.au)



SPORTING WHEELIES  
AND DISABLED ASSOCIATION