

Chronic Disease Management Plan Request

Please take this letter to your GP prior to beginning your exercise sessions.

Dear Doctor,

As you may be aware, exercise has been scientifically proven to help manage the many side-effects associated with cancer treatment. 4 Life Exercise Physiology therefore strongly encourages cancer patients to seek appropriate exercise prescription from our experienced Exercise Physiologists during their cancer treatment and recovery.

Our prostate cancer program provides patients with a personalised and evidence-based exercise plan or the option to join one of our group exercise classes for further benefits in social and mental wellbeing.

If you would like your patient to access these sessions, please consider an allied health chronic disease management plan to help cover the cost of the initial exercise physiology assessment with the allocated Medicare rebate.

If you have any questions about the services or treatment we provide, please do not hesitate to contact us.

Kind regards,



Rachel Halleen
Accredited Exercise Physiology
4 Life Exercise Physiology