



Date: 24 July 2024

Chronic Disease Management Plan Request

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

Dear Doctor,

Appropriate exercise in cancer patients has been scientifically proven to help manage many of the side-effects of treatment and is linked to better cancer specific outcomes. As a result, Holistic Strength considers exercise to be an important component of patient management and has highly skilled Exercise Physiologists to assist with appropriate exercise programs.

Patients attending our sessions benefit from a personalised and scientifically based exercise prescription or the option to join one of our group exercise classes for more social and mental health benefits.

If you would like your patient to access our exercise clinic, please create an **allied health chronic disease management plan**. The allocated Medicare rebates facilitate the operation of our exercise clinic at a reduced cost to the patient.

Should you have any questions about the care we provide, please do not hesitate to contact us directly.

Thank you for your support towards this holistic and individualised approach to cancer patient care.

Yours sincerely,

Vian Botma
Director & Exercise Physiologist
Holistic Strength
P: 08 6156 8656
F: 08 9200 5077
www.holistic-strength.com.au

