

## DIABETES SERVICES IN KILMORE

It is recommended that the following health professionals form your **Diabetes Management Team** to assist you with the support and knowledge you require to manage your diabetes. You will be at the centre of this diabetes management team along with your family and those close to you. You will still need to see your regular General Practitioner (GP) for checkups and referrals.

What	Why	Who	Referral	Cost	When	Where	Contact
<b>Diabetes Educator</b>	Assist with diabetes control, monitoring, latest information.	Nexus Primary Health	Required for bulk billing	Varies*	Mon- Fri	Broadford or Wallan	1300 77 33 52 sacc@nexusprimaryhealth.org.au
<b>Dietitian</b>	Assist with advice regarding diabetes and diet.	The Kilmore & District Hospital	Required	Varies	Thurs, Fri & every second Tues	Rutledge St	03 5734 2000 kilmoredistricthospital.org.au
		Nutrition 4 All	Not required	Fee for service	Mon + Thurs	44 Melbourne St,	03 5781 0652 kilmorewallanpodiatry.com.au
		Nexus Primary Health	Required for bulk billing	Varies*	Mon- Fri	Broadford or Wallan	1300 77 33 52 sacc@nexusprimaryhealth.org.au
<b>Exercise Physiologist and/or Physiotherapist</b>	Assist with exercises that can reduce the risk of developing complications and/or assist with the management of complications.	Nexus Primary Health	Required for bulk billing	Varies*	Mon- Fri	Broadford or Wallan	1300 77 33 52 sacc@nexusprimaryhealth.org.au
		Kilmore Wellness Centre	Not required	Fee for service	Mon-Sat	44 Melbourne St, Kilmore	03 5781 0652 kilmorewallanpodiatry.com.au
<b>Optometrist</b>	Check for signs of eye damage as a result from diabetes.	Ian Wood Optometry	Not required	Bulk Billed	Mon-Fri 9-5.30pm Sat 9-12pm	Shop8/11-13 Sydney St, Kilmore	03 5782 1737 kilmoreoptom@westnet.com.au
<b>Podiatrist</b>	Check for foot complications and assist with foot care.	Nexus Primary Health	Required for bulk billing	Varies*	Mon- Fri	Broadford or Wallan	1300 77 33 52 sacc@nexusprimaryhealth.org.au
		Kilmore Wellness Centre	Not required	Fee for service	Mon- Sat	44 Melbourne St, Kilmore	03 5781 0652 kilmorewallanpodiatry.com.au
<b>Psychologist/ Counsellor</b>	Provide you with support and an outlet to discuss your feelings.	Nexus Primary Health	Required for bulk billing	Varies*	Mon- Fri	Broadford or Wallan	1300 77 33 52 sacc@nexusprimaryhealth.org.au

\*For Nexus Primary Health Schedule of Fees go to <http://www.nexusprimaryhealth.org.au/our-services/our-fees/> .

Broadford Optical offers the Victorian Aboriginal and Torres Strait Islander \$10 Spectacle Subsidy.

For further information on diabetes management and prevention visit [www.diabetesvic.org.au](http://www.diabetesvic.org.au) or call the free **Diabetes Victoria helpline 1300 136 588** or **Koorie Diabetes Infoline 1300 566 743**. Integrated team care – a health program for aboriginal people living with a chronic disease **(03) 5820 0035**.

Correct as of March 2018

For updated information, please see [www.nhsd.com.au](http://www.nhsd.com.au)