

DIABETES SERVICES IN KINGLAKE

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 and an Endocrinologist when first diagnosed.

What	Why	Who	Referral	Cost	When	Where	Contact
Diabetes Educator	Assist with diabetes control, monitoring, latest information.	Nexus Primary Health	Required for bulk billing	Varies*	Tues & Wed	Kinglake Health Centre	1300 77 33 52 sacc@nexusprimaryhealth.org.au
Dietitian	Assist with advice regarding diabetes and diet.	Nexus Primary Health	Required for bulk billing	Varies*	Tuesday	Kinglake Health Centre	1300 77 33 52 sacc@nexusprimaryhealth.org.au
Exercise Physiologist and/or Physiotherapist	Assist with exercises that can reduce the risk of developing complications.	Nexus Primary Health	Required for bulk billing	Varies*	Thursday	Kinglake Health Centre	1300 77 33 52 sacc@nexusprimaryhealth.org.au
Optometrist	Check for signs of eye damage as a result from diabetes.	Regional Eyecare	Not required	Fees and Bulk Billing	On demand	The Grace Bennetts Centre	03 5736 0400 yeahospital.org.au
Podiatrist	Check for foot complications and assist with foot care.	Nexus Primary Health	Required for bulk billing	Varies*	Thursday	Kinglake Health Centre	1300 77 33 52 sacc@nexusprimaryhealth.org.au
Psychologist/ Counsellor	Provide you with support and an outlet to discuss your feelings.	Nexus Primary Health	Required for bulk billing	Varies*	Wednesday	Kinglake Health Centre	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 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**.