

# 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  |
|---|---|----------------------|-----------------------------|-----------------------|-----------|---------------------------|--|
| <b>Diabetes Educator</b>                            | Assist with diabetes management, monitoring and latest information.         | Nexus Primary Health | Required for bulk billing   | Varies*               | Mon - Fri | Kinglake Health Centre    | 1300 773 352<br><a href="mailto:serviceaccess@nexusprimaryhealth.org.au">serviceaccess@nexusprimaryhealth.org.au</a> |
| <b>Dietitian</b>                                    | Assist with advice regarding diabetes and diet.                             | Nexus Primary Health | Required for bulk billing   | Varies*               | Mon - Fri | Kinglake Health Centre    | 1300 773 352<br><a href="mailto:serviceaccess@nexusprimaryhealth.org.au">serviceaccess@nexusprimaryhealth.org.au</a> |
| <b>Exercise Physiologist and/or Physiotherapist</b> | Assist with exercises that can reduce the risk of developing complications. | Nexus Primary Health | Required for bulk billing   | Varies*               | Mon - Fri | Kinglake Health Centre    | 1300 773 352<br><a href="mailto:serviceaccess@nexusprimaryhealth.org.au">serviceaccess@nexusprimaryhealth.org.au</a> |
| <b>Optometrist</b>                                  | 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<br><a href="http://www.yeahospital.org.au">www.yeahospital.org.au</a>                                   |
| <b>Podiatrist</b>                                   | Check for foot complications and assist with foot care.                     | Nexus Primary Health | Preferred, but not required | Varies*               | Tues      | Kinglake Health Centre    | 1300 773 352<br><a href="mailto:serviceaccess@nexusprimaryhealth.org.au">serviceaccess@nexusprimaryhealth.org.au</a> |
| <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 | Kinglake Health Centre    | 1300 773 352<br><a href="mailto:serviceaccess@nexusprimaryhealth.org.au">serviceaccess@nexusprimaryhealth.org.au</a> |

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

Nexus Primary Health have limited after hours services for most services at Wallan.

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**.