



The Bellerive Quay Health Hub **Holistic Wellness Centre**

The Bellerive Quay Health Hub 33 Cambridge Road Bellerive Quay, TAS, 7018

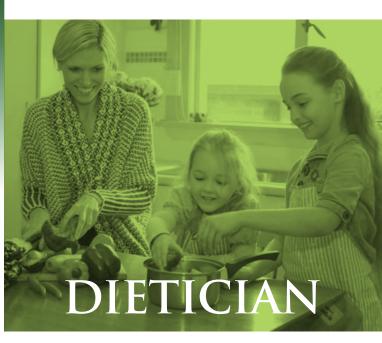
Level 1 Shop 3A - Group Therapy and Education Hub Level 2 Shop 6 - Reception and Retail Hub Level 3 - Therapy, Assessment and Consultation Hub

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HEALTH HUB

HOLISTIC WELLNESS CENTRE



Your One Stop Multi-Disciplinary **Healthcare Service**



What is a Dietician?

A dietitian translates scientific nutrition information into practical advice, to help you make the right decision about what to eat. They can help you understand the relationship between food and health and help you decide which foods are right for you now and in the future. You might want more energy; to prevent or recover from illness, to ensure you have a healthy baby, to lose or gain weight or cope with an allergy or intolerance – a dietitian can help with all these things.



Services

- Weight loss/gain
- Diabetes & pre-diabetes
- High blood pressure
- High cholesterol
- Coeliac disease
- Food Intolerance
- Food Allergies
- Eating Disorders
- Fussy Eating
- Nutrition for pregnancy
- Vegetarian/Vegan eating
- General Healthy Eating

Appointments

The number of consultations required with the dietitian will depend on you reason for visiting however; we recommend at least three consultations to be able to provide you with ongoing education and support.

The initial consultation consists of an assessment of your current medical concerns, your current intake and the development of initial goals. The following consultations will involve ongoing education and support with meeting your nutrition goals.

Fees

Initial consultation (60 minutes) \$130 Review consultation (30 minutes) \$80

Rebates

If you have a chronic disease, such as diabetes or heart disease, you may be eligible for a GP Management Plan. This plan is developed with your GP and entitles you to up to five appointments with allied health professionals per calendar year. The rebate for this referral is \$52.95 per consultation.

Costs may be claimable with private health insurance 'extras' cover. The amount of the rebate will depend on your level of cover.

