



**THE BELLERIVE QUAY  
HEALTH HUB**  
HOLISTIC WELLNESS CENTRE

*Tired of trying to navigate  
your way through the  
healthcare maze?*

*Let our team of  
experienced professionals  
show you the way.*

*Feel your  
best today!*

**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

**p:** 6122 0150  
**f:** 6122 0169  
**e:** [reception@yourhealthhub.com.au](mailto:reception@yourhealthhub.com.au)  
**w:** [www.yourhealthhub.com.au](http://www.yourhealthhub.com.au)



**DIETICIAN**

**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 your 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.

