



**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
31 - 33 Cambridge Road
Bellerive, 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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DIETITIAN

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

What is a Dietitian?

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 the reason for your visit.

A treatment plan will be discussed at your first appointment, taking into account your medical history, social situation, as well as emotional and environmental factors.

Fees

Initial consultation (60 minutes) \$100
Review consultation (30 minutes) \$70
Subject to change

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 doctor and entitles you to up to five appointments with allied health professionals per calendar year. This rebate covers a portion of the consultation fee.

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

