

Logan Healthy Living

BY UQ HEALTH CARE



Logan Healthy Living offers practical support for a life not limited by **type 2 diabetes, obesity and related diagnosis.**

Our evidenced-based practice supports clients with a team of professionals committed to tackle the physical, mental, emotional and situational challenges that may hold them back.

Allied health

- Exercise physiology
- Physiotherapy
- Dietetics
- Psychology
- Diabetes Education

Lifestyle management programs

Clients help guide their care plan and are inspired to take charge of their journey.

Delivered via eight week programs, with post program support, clients can transform their life.

Our eight-week programs cover:

- Group education
- Group movement sessions
- One to one consults
- Home activity plans with telehealth support

Current programs

Logan Healthy Living currently offers the following to those aged 16 and over:

Healthy Living with T2 diabetes (complex)

- For those with a long term and complex diagnosis
- Aims to help clients effectively manage their condition and improve their health

Healthy Living with T2 diabetes (recently diagnosed)

- For those diagnosed in the last six years with type 2 diabetes
- Aims for remission and a symptom-free future

Strive to Thrive program

- Team based intervention for 16-18 year olds & their families
- Aims to build the skills to live well with type 2 diabetes

Eligibility requirements

To be eligible for the lifestyle management programs, clients must have a diagnosis of type 2 diabetes and be aged over 16.

How to refer

Send referral via **fax: 07 3540 8171** or **medical objects: Logan healthy Living HL4131000EK**

We accept:

- GPMP/TCA
- MHCP (limited conditions, please contact clinic to discuss)

Please provide:

- The client's most recent HbA1c results
- Referral form for Group Allied Health Services under Medicare for patients with type 2 diabetes **OR** the referral form provided at the BSHPN website. You can find these using the QR codes below.

[Click here to download BHPNSN referral form](#)

(Under Allied health, Patients with type 2 diabetes)

[Click here to view other referral options](#)