

## A quick overview of the Your Healthy Body Clinic



### Where is it?

Held onsite at Radius Medical Centre. We operate weekly on a Wednesday from as early as

8:15am until 2:30pm. We also run a fortnightly Clinic on a Friday from 8:15am to 12:15pm.



### What is it for?

Your Healthy Body is a multidisciplinary clinic consisting of a GP, Dietician/Diabetes educator and Nurse that specialises in a holistic approach to weight loss. Our practitioners are all very experienced and passionate about delivering compassionate and high level health care to our patients to help them achieve their weight loss and other health goals. The clinic also focusses on diabetes - either a new diagnosis or long-standing, healthy ageing and metabolic conditions e.g. fatty liver disease. We also specialise in weight gain associated with the menopause.



### Who are the practitioners?

Dietitian/Diabetes Educators:  
Leyanne Duncan (WED) and Janelle

Longmire (FRI).

General Practitioners with special interest in metabolic health: Dr Caetlin Jopson (WED) and Dr Terri-Lynne South (FRI).

## FAQ

### Can't Make Your Appointment?

Be sure to let us know at least 2 hours before your scheduled appointment time to avoid the \$50 missed appointment fee or late cancellation fee.

### How often do I need to have an appointment?

The GP/ Dietitian will let you know at your appointment when they would like to see you next, this varies from person to person so be sure to book your next appointment as soon as you need so that you don't miss out!

### I need a script refilled or have a quick question what do I do?

You can book a telehealth appointment with just the GP for any script enquiries. Email any questions through to reception and we will determine with the practitioners if an appointment is needed to discuss it further with you.

### Contact Us

Phone: 07 3264 6090

Email: [yourhealthybody@albanyhills.com.au](mailto:yourhealthybody@albanyhills.com.au)

Address: Radius Medical Centre  
49 Old Northern Road  
ALBANY CREEK QLD 4035

radius  
returning the care factor



## Your Healthy Body Clinic

*Y.H.B. is a GP and Dietitian/Diabetes Educator led clinic to help you with weight loss and other health goals.*

## How does it work?

We recommend allowing up to 1.5 hours in the clinic for your first few appointments. The YHB Clinic is a 3-stage process, involving a Nurse, Dietitian/Diabetes Educator and General Practitioner.



Upon arrival, you will have a quick visit with the Practice Nurse, who will take your measurements of

weight, blood pressure and other relevant health items.

Then, you will see the Dietitian/Diabetes Educator, Leyanne Duncan or Janelle Longmire who will discuss your progress/goals and your current habits. Be assured that the Dietitian/Diabetes Educator also consults with the General Practitioner to ensure any medications required are the most appropriate for your situation.

Finally, you will see the General Practitioner, Dr Caetlin Jopson or Dr Terri-Lynne South who will draw on all the information gathered from the Nurse and Dietitian/Diabetic Educator to make a considered assessment of your condition and make any further recommendations as to your wellbeing.



## Do I need a referral?

It definitely doesn't hurt to have one, especially if...

- ✓ You are under the Department of Veterans' Affairs; you may be able to secure a referral from your GP.
- ✓ You have chronic conditions; you may also be able to secure a referral from your GP called a GP Management Plan/Team Care Arrangement.
- ✓ Or if a specialist has referred you, e.g. Endocrinologist, Gastroenterologist.
- ✓ You have complex medical history/ongoing conditions.

You may be eligible for Medicare rebates on Dietitian sessions under an Enhanced Primary Care Plan or Eating Disorder Plan - ask your GP about your eligibility. Dietitian services can also be claimed on private health if your level of cover offers it.

## What about the costs?

Further information can be accessed by asking our friendly Reception staff in the Specialist Centre for more details.

### Cost overview:

#### General Practitioner - Medicare Rebates Available

1 <sup>st</sup> consult	\$170.00
2 <sup>nd</sup> consult	\$170.00
Short Review	\$90.00
Long Review	\$170.00

#### Dietitian

1 <sup>st</sup> consult	\$170.00
2 <sup>nd</sup> consult	\$90.00
Short Review	\$50.00
Long Review	\$90.00

## How to book?

Call the reception team on #3264 6090 during Radius business hours or book onsite after your GP appointment.

**Healthy Body + Healthy Mind = Healthy Life**

