



Price List

Initial Consultation/Assessment (45 mins): \$120

Subsequent Sessions (Standard Sessions are 45 min):

	Single	5 pack	10 pack	Direct debit
60 mins	\$120	\$575 (\$115 ea)	\$1100 (\$110 ea)	\$110 ea
45 mins	\$100	\$475 (\$95 ea)	\$900 (\$90 ea)	\$90 ea
30 mins	\$75	\$350 (\$70 ea)	\$670 (\$67 ea)	\$67 ea
Group 1 on 2*	\$65	\$300 (\$60 ea)	\$570 (\$57 ea)	\$57 ea

Concession (Healthcare Card, Full Time Student or Pension Card):

	Single	5 pack	10 pack	Direct debit
60 mins	\$115	\$550 (\$110 ea)	\$1050 (\$105 ea)	\$105 ea
45 mins	\$95	\$450 (\$90 ea)	\$850 (\$85 ea)	\$85 ea
30 mins	\$70	\$325 (\$65 ea)	\$630 (\$63 ea)	\$63 ea
Group 1 on 2*	\$60	\$285 (\$57 ea)	\$550 (\$55 ea)	\$55 ea

**price per person, shared 45 min sessions*

Private Health Fund Rebates:

- Private health fund rebates vary according to your health fund and level of cover.
- On the spot rebates are available for a limited list of private health funds.
- For all other health funds, payment will need to be made upfront and following the completion of your sessions or package we will generate an itemised invoice for you to claim your rebate directly with your private health fund.

GP Care Plans (CDM): Full payment for your session is required on the day. Medicare rebates will be processed on the spot provided we have your referral letter and Medicare Card.

TAC and Worksafe (45 min): \$10 gap payment (unless concession). TAC/Worksafe will be invoiced the remainder of the fees. Cancellations made with less than 24 hours notice will incur a \$60 fee.

DVA (30 min): DVA will be invoiced directly by us. Please give at least 24 hours notice if you cannot make any appointments.

NDIS: All sessions are \$132

Cancellation Policy: *While there may be a variety of reasons why clients may not be able to keep their appointments, the operating costs of the practice do not change. As a professional courtesy, there will be no charge on sessions that are given 24 hours cancellation notice. All sessions that receive less than 24 hours cancellation notice will be charged full price.*

NB:

- All prices include GST
- Session fee includes individualised gym- or home-based programs for independent training



Payment Options and Details

Payment Options:

- Credit card (Visa/MasterCard)
- Direct debit (recurring plans, or once off package payments)
- Direct deposit (online transfer)
- Cash
- Cheque (Make payable to "Yujin Lim")

NB:

- All sessions are to be paid for in advance or on the day.
- Sessions expire 6-months from purchase, with exemption of special circumstances.

Direct Deposit Details:

Name: Yujin Lim
BSB: 083 064
Account no: 124007677

- In the transaction description please write "EP" followed by your first initial and your last name e.g. EP K Smith. We will determine which package you are purchasing through the deposited amount.
- You will receive a payment confirmation receipt at the start of the following week.

Direct Debit (DD) Details:

- Direct debit is only for regular ongoing training
- Payments are debited from your bank account fortnightly
- **Minimum purchase of 10 sessions**
- Option of 1-3 sessions per week
- Payments can be stopped at any time, no lock in contracts (following the minimum 10 sessions).
- If you cancel/reschedule a session with adequate notice (24 hours) you will still have the session available. Please remind your EP you are on a DD plan.
- If you take breaks from training (holidays, travel etc) let us know in advance and payments will be paused.

If you are interested in this automatic payment option, please let your exercise physiologist know via email or in person. All we need from you are your nominated bank account details (BSB and account number).



Business Policies and Procedures

1. As a professional courtesy, there will be no charge on sessions that are given 24-hour cancellation notice via phone call, voicemail, text or email (notice given after hours and on weekends are accepted as early notice). When less than 24-hour cancellation notice is given, the full price of the session will be incurred (except for TAC and WorkSafe funded clients who will incur a fee of \$60).
2. Exercise Physiology sessions are based on 60, 45, or 30 min training blocks. In order to get the most out of the session, please be ready to start at the scheduled time. You are welcome to come in early to warm up.
3. Payments for sessions must be made in advance or on the day.
4. Prices are subject to change at any time.
5. Sessions expire 6-months from purchase, with exemption of special circumstances.
6. Wear appropriate clothing and close-toed footwear.
7. Bring a water bottle and sweat towel to every session to maintain hygiene and hydration.
8. Belongings may be kept in the office, but Optimal Health Exercise Physiology will not be responsible for loss, theft or damage to personal property.

Conditions of Participation and Waivers

1. I hereby declare that I am aware that exercise involves an inherent risk and I agree to assume full responsibility for any risks, injuries or damage known or unknown which I might incur as a result of participating in Exercise Physiology services.
2. I represent and warrant that I have no medical condition that would prevent participation in exercise. I have notified Optimal Health Exercise Physiology of any medical conditions that may be aggravated by exercise both prior to training and during the course of training.
3. I recognise that Optimal Health Exercise Physiology will not be held responsible for any loss or damage which may result from failure to obtain clearance by my medical practitioner prior to involvement in exercise.
4. I agree that no person, body or corporation involved or otherwise engaged in my training and their respective servants, agents or representatives will be liable to me or accept any responsibility for claims made by me or on my behalf for any property damage or loss or personal injury of any nature, including theft or negligence, by them or other participant or third party. This clause does not waive any rights that I may have pursuant to any legislation and specifically preserves any of these rights.
5. I agree to release and indemnify Optimal Health Exercise Physiology from all claims for property damage or loss or personal injury.
6. I agree that Optimal Health Exercise Physiology may make any reasonable decisions in relation to any medical situation affecting me if I am unable to do so, including calling qualified medical staff and/or an ambulance etc. I accordingly agree to release and indemnify Optimal Health Exercise Physiology from all claims arising out of such a situation.
7. **Parkville location only:** I acknowledge that the services are provided by Optimal Health Exercise Physiology and not by The University of Melbourne.



8. **Parkville location only:** I acknowledge that by signing these terms and conditions that under no circumstances have I any cause of action against or right to claim or recover from the University of Melbourne for or in respect of any loss, damage or injury (including without limitation any profit, or indirect or consequential loss, damage or injury) arising from the Services except to the extent that the loss or damaged was caused directly by the negligence or willful act or omission of the university.

I hereby agree to the terms and conditions set out herein

Name (please print): _____

Signature: _____

Date: _____