



100% Health - Continued Lifestyle

Functional Health has designed its Continued Lifestyle Program to allow Australians access to fully supervised safe and effective exercise, strengthening and rehabilitation. The Program is designed to provide clients with the expertise and facilities they need to live a long, healthy, pain free lifestyle, without the financial burden that often comes with allied health treatment. From the moment you walk through the door at Functional Health, our team of experienced allied health professionals will go above and beyond to ensure you achieve your goals.

Making the most of your program at Functional Health

- ✓ Try to attend between 1 and 3 MedX/Exercise Physiology sessions per week (optimal exercise and treatment frequency is different for everyone, your Physiotherapist and Exercise Physiologist can advise you on a frequency that would best suit you).
- ✓ Ensure to attend your monthly assessments and/or treatment with your Physiotherapist. This will allow you to make any adjustments to your program, ensure you are progressing and achieving results, OR receive some hands on treatment to manage any injuries.
- ✓ Utilise the membership 50% discount for any further hands on Physiotherapy treatment you might need.
- ✓ Use your PhysiApp or Home Exercise sheets to further complement your exercise program at Functional Health.
- ✓ Please always book an appointment and give as much notice as possible if unable to attend (if non attendance without notice becomes regular a cancellation fee may be enforced).
- ✓ Reoccurring appointments can be made in advance.
- ✓ Please turn your phone on silent or if you are expecting a call please let your Physio or EP know.

Membership Payment Options

No initial sign up fee & No lock in contract*

- ➔ \$33.60 per week can be paid from credit or debit card.
- ➔ \$33.60 per week can be set up as a direct debit.
- ➔ \$160.00 for the month (in advance) direct to Functional Health.
- ➔ \$850.00 for 6 months (in advance) direct to Functional Health.

To keep administration cost low, Functional Health uses a trusted third party billing company, there is NO lock in contract and all that is required is a months notice to cancel any ongoing payments.