

Optimise your recovery

- **Come prepared** – bring x-rays, scans , referral letter, other related correspondence – wear loose clothing, bring a towel and bottle of water when exercising – bring a list of questions where appropriate
- **Bring company** that may support your recovery—parent , partner, coach , carer, teacher. Supply their email if they can't attend so we can update them regarding your requirements
- Ask when our slow periods are and schedule a visit then, when we can offer **more time**
- **Address all complaints** in the one session – N.B additional areas attract a \$20 fee
- Purchase up to 5 consults in advance for the same complaint and receive a **10% discount**
- Purchase our member card and receive **10 % off all services and products** for 12 months (excludes promotions)
- Use your health fund or [care plan](#) for treatment **minimising or eliminating out of pocket expense**
- Use your health fund or [care plan](#) for HEALTH PACKAGES (e.g Back Fit program, GET IN SHAPE pass, GET FIT pass) **minimising or eliminating out of pocket expense**
- Check with your health fund for **increased benefits**. Some examples include:-
 - [Teachers Health](#) – double your annual Physio entitlement by completing their health questionnaire
 - [Medibank Private](#) – Ask about their PACKAGE BONUSES and get FREE treatment. Also ask about their HEALTH MANAGEMENT APPROVAL FORM to extend your benefits
 - [NIB](#) - We are an approved Health and Fitness facility with NIB. Health & fitness memberships at our clinic may therefore be redeemable

[MBE](#) – Ask about their LIVING WELL PROGRAM

- Share your massage loyalty card and reach the tenth **FREE massage** quicker
- Collect a **FREE PASS** for Pilates and Yoga when you miss a session