



# Health & Wellness

## Price List | Partners



Whether your clients are recovering from an illness or injury, or simply want a more active and healthy life, our Health & Wellness services offer something for them.

From group therapy and exercise classes, to one-on-one allied health and therapy services, and community respite focused on healthy ageing and meaningful engagement, our services will help people to be Better for life.

### Our Services and Prices

#### Group Classes

Group strength, fitness and therapy classes provided in our Health & Wellness Centres via telehealth.

Class	Price
General classes including Stronger Today, Tai Chi, Aqua Fitness	\$10 (per person)
Specialised classes including Hydrotherapy, ICreate, Pilates	\$15 (per person)
Telehealth classes (online)	\$20 (per person)

#### Allied Health & Therapy Services

Services including Exercise Physiology, Dietetics, Massage Therapy, Physiotherapy, Podiatry, Occupational Therapy, and Social Work provided by our Health & Wellness team in our Centres, via telehealth or in our clients' homes.

Service	Session Prices	Session CHSP* Client Contribution	Assessment Prices	Assessment CHSP Client Contribution
Ongoing Treatment In-Centre	\$90.00	\$15.00	N/A	N/A
Ongoing Treatment In-Home	\$130.00	N/A	N/A	N/A
Initial Health Assessment & Reviews In-Centre	N/A	N/A	\$135.00	\$20.00
Initial Health Assessment & Reviews In-Home	N/A	N/A	\$195.00	N/A
Ongoing Treatment Telehealth	\$90.00	\$15.00	N/A	N/A
Initial Health Assessment & Reviews Telehealth	N/A	N/A	\$135.00	\$20.00
Occupational Therapy Assessment (Metro)	N/A	N/A	\$390.00	N/A
Occupational Therapy Assessment (Non-Metro)	N/A	N/A	\$525.00	N/A

**Better  
for life®**



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### Community Respite Services

Short-term respite care provided to clients in our cottages or in clients' homes and communities.

Service	Day Prices	Overnight Prices
Respite Care In-Cottage (Full Day / Full Night)	\$200.00 (Mon-Fri)	\$450.00 (Mon-Fri)
Respite Care In-Home / Community - Buddy (3 Hours)	\$225.00 (Mon-Fri) \$325.00 (Sat-Sun)	N/A
Respite Care In-Home / Community - Buddy (4 Hours)	\$275.00 (Mon-Fri) \$425.00 (Sat-Sun)	N/A
Respite Care In-Home / Community - Buddy (5 Hours)	\$325.00 (Mon-Fri) \$525.00 (Sat-Sun)	N/A

### Booking and Cancellations

Southern Cross Care requires 24 hours notice for all service cancellations. Cancellations made within 24 hours of a booked service will be charged at 100% of the service price.

If a client is not present at the scheduled time of a booked service and has not provided us with 24 hours notice of cancellation, they will be charged at 100% of the service price.

### Service Availability

The availability of services provided directly by Southern Cross Care differs by region.

In some regions, Southern Cross Care does not have the team members, Health & Wellness Centres or Community Respite Cottages to provide services for the listed prices.

### More Information

For more information about our services, prices or fees, please call our friendly team on **8179 6825**.

This pricing information is current as of 1 September 2023.