

## Marathon Health HEAL™ program Referral form

### What is HEAL™?

HEAL™ is an 8 week lifestyle modification program that supports people to develop lifelong healthy eating and physical activity habits.

The HEAL™ Program is being offered by Dietitians and Primary Health Care Nurses from Marathon Health.

HEAL™ consists of 2 hours of group sessions over 8 weeks

- 1 hour of supervised exercise
- 1 hour of lifestyle education

HEAL™ is free to participants. Although not essential, we would prefer if participants were referred by a GP or Health Practitioner with a GP Management Plan or Team Care Arrangement.

**Please complete the form on the next page.**

Submit via secure fax: 6826 5299 or to [ahargus@marathonhealth.com.au](mailto:ahargus@marathonhealth.com.au)



**Bathurst Office**  
265 Durham Street  
PO Box 175 | Bathurst NSW 2795  
T 02 6333 2800 | F 02 6332 6648

**Dubbo Office**  
106 Talbragar Street  
PO Box 1834 | Dubbo NSW 2830  
T 02 6826 5200 | F 02 6826 5299  
ABN 86 154 318 975  
[www.marathonhealth.com.au](http://www.marathonhealth.com.au)



HEAL™ Provider Details:

Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ (hm) \_\_\_\_\_ (mob)

Aboriginal or Torres Strait Islander: Yes / No      Gender: M / F

Referral Criteria:     Type II diabetes       At risk of Type II diabetes  
                           BMI > 30                 2 or more CVD risk factors

Medical history: \_\_\_\_\_

Exercise history: \_\_\_\_\_

Current medications: \_\_\_\_\_

Other: \_\_\_\_\_

Recent tests	Date	
_____	____/____/____	<input type="checkbox"/> Results attached
_____	____/____/____	<input type="checkbox"/> Results attached
_____	____/____/____	<input type="checkbox"/> Results attached

Referring AHP or Clinic:  
(stamp contact details here)

### Participating in the HEAL™ Program

- The program's goal is to assist allied health professionals to improve the health of their patients
- Participation in the program is voluntary.
- Your personal information remains confidential and all data collected is stored in a secure location. Staff who have access to this data have signed confidentiality agreements. Collated & de-identified data (where all of your personal details have been removed) may be provided to the Commonwealth Department of Health & Ageing and may be used for the purposes of auditing, research, evaluation & quality assurance.
- I hereby agree to my record being provided to the HEAL™ facilitator to assist in my health management.
- I understand that I have the right to withdraw consent at any time, without penalty, by requesting that my personal information be deleted.
- This consent is subject to: 1) the information stored being kept secure & confidential; 2) any information required for an audit, research &/or planning being used on an anonymous basis.
- I also understand that if I have any question relating to the security of my personal information I can ask my referring health professional, my HEAL™ facilitator or the HEAL™ National coordinator on 1300 179 765.

Patient signature: \_\_\_\_\_