

## SESSION FEES

| SERVICE                         | DURATION    | FEE            |
|---------------------------------|-------------|----------------|
| Initial Consultation            | 60 min      | \$180          |
| Standard Consultation           | 45 min      | \$155          |
| 6-Week Kickstart                | 6 x 45 min  | \$152.50/week  |
| 12-Week Apex                    | 12 x 45 min | \$150/week     |
| Duo EP Session (2 People)       | 45 min      | \$105 pp       |
| Small Group (<8 People)         | 45 min      | \$45 – \$70 pp |
| Telehealth (Video Consultation) | 30 min      | \$90           |

**i** See below for detailed program inclusions and support features.

**🚗** Services outside the local service area (10–20km+) incur a flat \$30 travel levy.

**📍** Extended travel across Greater Brisbane regions available upon request.

## SERVICE AREAS



**OFFICE**  
Bardon 4065,  
Brisbane

### LOCAL (0-10KM)

Paddington, Ashgrove, Toowong, St Lucia, Indooroopilly, Kenmore, Chapel Hill, The Gap, Keperra, Grange, Albion, West End, New Farm, Kangaroo Point, Hamilton & Newstead.



**METRO**  
(10-20KM)

Clayfield, Ascot, Bulimba, Wavell Heights, Bridgeman Downs, Aspley, Ferny Hills, Upper Kedron, Samford Valley, Pullenvale, Jinibara, Taragindi, Mount Gravatt & Carindale.



**EXTENDED REACH**

Greater Brisbane regions including Ipswich, Logan and North Lakes available upon request.

## PROGRAM PATHWAYS

Structured programs tailored to your goals, current capacity and lifestyle, delivered at home, at work, at a local gym or wherever suits you.  
**Initial Consultation required prior to commencing any program pathway.**

### 6-WEEK KICKSTART

A focused short-term program designed to rebuild movement, confidence, routine following injury, illness, surgery, or reduced activity. Ideal for establishing consistency, improving function and creating a strong foundation for ongoing progress.

- ✓ 6 weekly standard consultation
- ✓ Personalized exercise program
- ✓ Goal-focused progression and support
- ✓ Home or gym-based training options
- ✓ Educational resources and guidance
- ✓ Email and SMS support between sessions
- ✓ Week 6 progress review and reassessment
- ✓ GP progress update
- ✓ 1-week session rescheduling flexibility

**\$152.50 PER WEEK**

**FORTNIGHTLY BILLING AVAILABLE**

### 12-WEEK APEX

A comprehensive transformation program designed to achieve meaningful, lasting improvements in strength, function and confidence. Ideal for individuals seeking lasting results through progressive coaching and personalised support.

- ✓ 12 weekly 1:1 EP coaching sessions
- ✓ Comprehensive personalized exercise program
- ✓ Personalized home and gym training plan
- ✓ 3 structured exercise progressions across the program
- ✓ Expanded exercise library, resources, and support tools
- ✓ Mid-program Week 6 review and GP progress update
- ✓ Week 12 final review and progress summary
- ✓ Comprehensive GP progress report
- ✓ Priority SMS and phone support between sessions
- ✓ 2-week session rescheduling flexibility

**\$150 PER WEEK**

**MONTHLY BILLING AVAILABLE**



**Note:** All programs are fixed-term commitments; payment plans represent the total program investment and are not a per-session subscription.

## HELPFUL NOTES



Direct billing available for eligible schemes.



Reports can be provided to GPs, insurers and case managers where required.



Guidance available to help navigate the most suitable funding pathway.

## CONTINUITY CARE



### Continuity EP Session

**\$150 / SESSION**

Available following completion of the 12-Week Apex Program.

## FUNDING & REBATES

| FUNDING                                  | COVERAGE                                   | REBATE / COST                           | REFERRAL REQUIRED                  |
|------------------------------------------|--------------------------------------------|-----------------------------------------|------------------------------------|
| Private Health                           | Extras Cover                               | \$30–\$70 rebate                        | No referral required               |
| Support at Home (100% Government Funded) | Short-Term Recovery & Ongoing Independence | 100% Government funded                  | My Aged Care / Provider referral   |
| Medicare (GP Plan)                       | Chronic Disease Management                 | \$61.80 rebate                          | GP referral required               |
| Medicare Diabetes                        | Type 2 Group Support                       | \$70.30 initial rebate                  | GP referral required               |
| NDIS                                     | Capacity Building Supports                 | Fully funded, as per Price Guide        | Self or Plan Managed               |
| DVA                                      | Eligible veteran services                  | No out-of-pocket                        | GP referral required               |
| WorkCover / CTP / IP                     | Return to Work Rehabilitation              | No out-of-pocket, as per Table of Costs | Medical referral, insurer approval |



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