



AUSactive

RT Health has established specific requirements for obtaining a referral letter from your General Practitioner (GP) or an allied health professional. To ensure a smooth and professional referral process, it is imperative that the following key pieces of information are meticulously included in the referral letter:

Provider Information: The referral letter should commence with a comprehensive introduction of the healthcare provider, which includes:

Full name and professional credentials (e.g., MD, DO, PT, etc.).

Contact details, including phone number and mailing address.

Relevant license number or registration information.

Patient Details: The letter should accurately present your personal information, encompassing:

Full name.

Contact information, comprising address, phone number, and email address if applicable.

Reason for Referral: The central purpose of the referral letter is to elucidate the rationale behind the referral. This should encompass a clear and concise explanation of:

The specific medical condition or health issue for which exercise is being recommended.

The nature of the referral, whether it is for chronic illness management, mental health reasons, prehabilitation, or rehabilitation.

Duration of Health Condition: To provide a comprehensive understanding of the patient's medical history, the letter should specify:

The duration of the patient's illness or health condition.

Any relevant medical history, previous diagnoses, treatments, or medications, if applicable.

Exercise Recommendations: The referral letter should elucidate the exercise recommendations in a precise manner, including:

The type of exercise or fitness intervention being recommended (e.g., gym membership, group classes, personal training sessions).

The specific exercise goals or objectives.

By ensuring that these crucial elements are thoughtfully included in the referral letter, both healthcare providers and patients can facilitate a seamless and professional referral process. This thorough approach aligns with RT Health's commitment to promoting health and well-being through exercise and rehabilitation

Activating every body.
every way.
every day.