

# Health Tips

These things will improve your health and well-being:

- Eat healthy food and drink plenty of water;
- Add more fruit and vegetables to your daily diet;
- Do regular exercise (walk the dog, walk with the kids to school);
- Check your feet and blood sugar level daily;
- Spend time doing things you really enjoy;
- Quit smoking—we are here to help and have new treatments available!
- Attend regular diabetes checkups.



**In an emergency, please dial 000**

**Opening Hours:**

**Monday, Tuesday & Thursday**

8:30am to 4:30pm

**Wednesday**

8:30am to 1:30pm

**Friday**

8:30am to 2:30pm



: [www.goondir.org.au](http://www.goondir.org.au)



: [facebook.com/goondir](https://facebook.com/goondir)

## **DALBY CLINIC**

Gary White Building  
4 Jimbour Street,  
Dalby QLD 4405

Phone: (07) 4679 5900  
Fax: (07) 4662 6071

## **OAKEY CLINIC**

110 Campbell Street  
Oakey QLD 4401

Phone: (07) 4691 3372  
Fax: (07) 4691 3926

## **ST GEORGE CLINIC**

127 Victoria Street,  
St George QLD 4487  
Phone: (07) 4625 5040  
Fax: (07) 4625 5070

## **ADMINISTRATION**

Gary White Building  
4 Jimbour Street,  
Dalby QLD 4405  
Phone: (07) 4679 5966  
Fax: (07) 4662 6189

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# Diabetes Program

Goondir acknowledges all support provided  
by the Australian Government.

Doc005 Ver8

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# What can I do?

- Keep a record of your blood sugar level;
- Be willing to participate in diabetes activities being offered;
- Take your medication as prescribed by the Doctor;
- Encourage family members to participate with you in making healthy changes to your lifestyle;
- To look at improving your health 'long term', not just a 'quick fix';
- Fresh is Best—avoid packaged foods and takeaway!

## Program Services

- Suga Shakers Group meet weekly on a Wednesday in Dalby 10am to Midday. Suga Shakers provides a support network through education, exercise, cooking and other lifestyle and management tips;
- Full health assessment, screening and testing (e.g. blood sugar levels and cholesterol checks);
- Regular health checks by medical staff, foot and eye specialists and the dietician;
- Management care plan with regular reviews;
- Activity days which address diet, exercise and health in all areas that affect Diabetes;
- Visiting Specialists to help manage Diabetes;
- Education and promotion to raise awareness about diet, nutrition, how to read food labels and portion sizes of meals.



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CERTIFICATION

AS/NZS ISO 9001:2008  
QUALITY CERTIFIED  
ORGANISATION



**Accredited  
General Practice**

### Telephoning Your Doctor

Direct telephone contact with the Doctor may or may not be available at the time of your call. It may be necessary for a message to be taken or your call to be directed to another Clinician.

### Providing Best Practice Health Care

All Goondir Clinics are AGPAL Accredited. Goondir has also attained certification against the ISO9001:2015 (Quality Management Systems) Standards. Staff have access to continual education and training and are committed to improving quality of service delivery.

### Client & Stakeholder Feedback

Our aim is to provide Clients with the best possible health services. We value Client feedback and encourage use of the Suggestion Box and/or participation in Surveys.

### Client Complaints

Complaints can be submitted to the Chief Executive Officer on 4679 5966 or PO Box 559, Dalby. Alternatively, you can contact the Health Ombudsman [www.oho.qld.gov.au](http://www.oho.qld.gov.au) or ph 13 36 46.

### Confidentiality

Consultations will be conducted discreetly with your health information accessed only by those directly involved in your care or in the monitoring of its quality meeting the Australian Privacy Principals.

### Fees and Billing

Goondir is a bulk billing service for Clients who have a current Medicare card. You will be advised of potential costs of treatments or specialist services. All Clients are to bring their Medicare and Concession cards to all appointments.

### Confirming your Identity

Clients are to present to reception upon arrival where your personal and contact details will be checked at each visit.