

THE VALUE OF ACCREDITED EXERCISE PHYSIOLOGISTS TO CONSUMERS IN AUSTRALIA

BENEFIT TO COST RATIO OF AEP INTERVENTIONS FOR AUSTRALIANS PER DOLLAR SPENT

- Depression **10.8**
- T2DM **8.5**
- CVD **12.1**
- COPD **26.5**
- Asthma **1.3**



AVERAGE
\$10.50



TYPE 2 DIABETES (T2DM)

- Net benefit **\$2,820** (overall benefit – cost of treatment)
- **Benefit to cost ratio 1:8.5** (for every AUD spent **\$8.50** back)
- **68%** of direct out-of-pocket expenses can be saved by accredited exercise physiologist interventions



OVERALL BENEFITS ESTIMATED TO BE **\$3,197**

CARDIOVASCULAR DISEASE (CVD)

- Net benefit **\$7,606** (overall benefit – cost of treatment)
- Benefit to cost ratio **1:12.10** (for every AUD spent \$12.10 back)



OVERALL BENEFITS ESTIMATED TO BE **\$8,293**

DEPRESSION

- Net benefit **\$5,467** (overall benefit – cost of treatment)
- **Benefit to cost ratio 1:10.8** (for every AUD spent \$10.80 back)
- **20%** of direct out-of-pocket expenses can be saved by accredited exercise physiologist interventions



OVERALL BENEFITS ESTIMATED TO BE **\$6,025**

ASTHMA

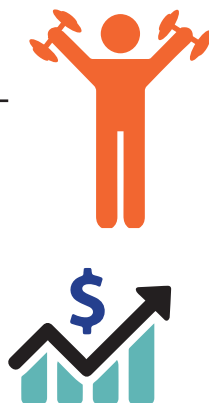
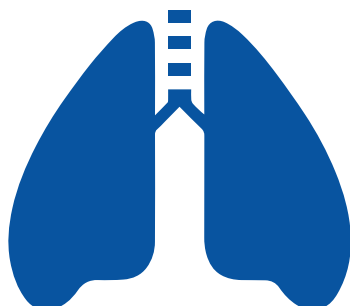
- Net benefit **\$241** (overall benefit – cost of treatment)
- **Benefit to cost ratio 1:1.3** (for every AUD spent \$1.30 back)



OVERALL BENEFITS ESTIMATED TO BE **\$1,075**

CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD)

- Net benefit **\$6,629** (overall benefit – cost of treatment)
- **Benefit to cost ratio 1:26.5** (for every AUD spent \$26.50 back)



OVERALL BENEFITS ESTIMATED TO BE **\$6,889**



AVERAGE SAVINGS FOR CONSUMERS

- Net benefit **\$5,938** (overall benefit – cost of treatment)
- **Benefit to cost ratio 1:10.5** (for every AUD spent \$10.50 back)
- **25%** of direct out-of-pocket expenses can be saved by accredited exercise physiologist interventions

OVERALL BENEFITS ESTIMATED TO BE **\$6,562**