PATH

Step 1. Signalling and orientation

Step 2. Intake and referral

Step 3. Counselling and coaching in the exercise programme & dietetics

Step 4. End of the BeweegKuur / follow-up in standard care

Health professional primary/secondary care:
- e.g. internist / diabetologist / rehabilitation physician / nursing home physician / diabetes nurse / dietician

General Practice
General practitioner's assistant

Physician therapist
through Direct Access Physician therapy

Lifestyle Advisor in General Practice

1. Intake to assess motivation
2. Assessment of exercise program and drafting exercise plan (if the independent exercise setting is chosen)
3. Referral to dietician and, if necessary, to physical therapist (if the start-up or Supervised exercise setting is chosen)
4. Coaching and supervision
5. Coordination of all exercise programs and group meetings concerning nutrition

Dietician
Care path of dietician
(Check up / nutrition recommendations / group education)

Physical therapist
1. Intake / Screening
2. Physical examination
3. Drafting Exercise plan

II) Start-up exercise setting
Physical therapist
1. Performs intake
2. Drafts exercise plan
3. Supervises the patient towards exercising in local exercise facilities through follow-up

III) Supervised exercise setting
Physical therapist
1. Performs intake
2. Drafts exercise plan
3. Supervises the patient, through group training, in his practice
4. Supervises the patient towards exercising in local exercise facilities through follow-up

I) Independent exercise setting
- e.g. fitness center, hiking club, athletics club, Nordic Walking, sports club, recreational exercise (e.g. swimming, cycling, walking etc.)