



**TOTAL
VETERAN
HEALTHCARE**

Welcome to
Total Veteran Healthcare
Outpost Melbourne



Ease of Access - Speed of Access - Quality of Service

About Total Veteran Healthcare

Total Veteran Healthcare is a dedicated Veteran healthcare provider operating from our flagship clinic in Brisbane and a growing number of Outposts. We provide complete health services to Veterans across Australia.

We provide primary, allied, and specialist healthcare services through face-to-face consultations from our clinic in Brisbane, our Total Veteran Healthcare Outposts, and via telehealth (where clinically appropriate).

We deliver complete Veteran healthcare through service-aware GPs who have substantial experience in Veteran health, providing continuity of care throughout your healthcare journey.

We coordinate your complete healthcare, no matter how many specialists or allied health professionals are involved in your treatment.

Forward From The Owner, Joshua Hall

Total Veteran Healthcare was founded in 2023 to provide Australian Veterans with a dedicated health service that took on the obstacles impacting so many Veterans from accessing the health care they deserve.

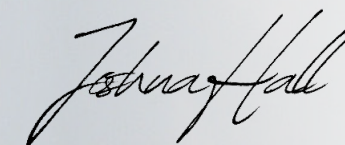
Our service is driven by three values:

- » Ease of access to healthcare
- » Speed of access to healthcare
- » Quality of service, both clinical and operational.

We have worked hard to attract world class clinical staff, build leading facilities, and establish strong relationships with other leaders in the Veteran health services space, including a communicative relationship with the Department of Veteran's Affairs.

This work has helped us deliver high quality healthcare to over 7,000 Australian Veterans, with this number growing every week.

We are not like any other medical services provider. We deliver value-driven healthcare, and are passionately mission-led to provide Veterans with ease and speed of access to high quality healthcare.





Ease of Access

Dedicated to Veteran Healthcare



We deliver services across the four pillars of Veteran healthcare.



**Veteran General
Practice**



**Pain
Management**



**Mental Health
Care**



**Life After
Service**

Veteran General Practice:

Your face-to-face GP is the centre of gravity throughout your healthcare journey, coordinating your access to allied health professionals and specialists, both in-house and across our network. They understand your service history, your unique healthcare needs, and manage your complete healthcare plan with your entire treatment team.

Mental Health Care:

We support you through every stage of recovery, from acute to ongoing care. Your personalised treatment may include traditional therapies like psychology and psychiatry, and innovative options such as TMS and Medication-Assisted Psychotherapy. We can also support your DVA Claim with detailed mental health reports by service-aware psychiatrists and GPs.

Pain Management:

We take a multidisciplinary approach to providing non-invasive and invasive pain relief, including innovative escalation treatments. We provide personalised treatment plans that address the physical, emotional, and psychological aspects of pain, incorporating input from your entire clinical team.

Life After Service:

We partner with trusted service providers and vetted Veteran support organisations to support you after your time in the ADF—no matter when you discharged. This includes crisis care, DVA claim support, medical file reviews, home services, education and employment assistance, and social connection.

Complete Healthcare for Australian Veterans



Speed of Access

Lowest Wait Times In Australia*



We are proud to have some of the lowest wait times in the country for Veteran healthcare.

5

GP Appointments:
5 days

0

Psychology Appointments:
Zero wait time

1

Psychiatry Appointments:
1 month wait time

Supporting Veterans in accessing timely psychiatric care and ensuring they receive the high-quality treatment they deserve is a privilege.

Dr Vineel Reddy, Total Veteran Healthcare Psychiatrist

Powerful Network of Veteran Healthcare Providers

We get you to the specialist you need faster and with easier onboarding.

When your care is managed by Total Veteran Healthcare, your referrals are simpler. You have streamlined access to our in-house specialists and provider-partners in our Australia-wide network, so you don't have to do anything other than attend your appointments.

*Total Veteran Healthcare's wait times are some of the lowest in country when compared to the current self-reported wait times of other veteran-focused clinics.



Quality of Service



Championing Veteran Healthcare

Veterans are unique patients and experience conditions highly specific to their time with the ADF.

Total Veteran Healthcare provides and supports professional clinical development for our consulting GPs and clinicians. We provide frequent education to our clinicians across Veteran lifestyle factors, the impact of global politics and events, insights into the enduring impact of ADF culture, education on changing DVA legislation and regulation, available and vetted Veteran services and support organisations, and emerging treatments and therapies in Veteran healthcare focus areas.

Veterans deserve medical care that understands them as very different patients to the general community. For Veteran health to be effective, it needs to be informed by clinical developments in areas like pain management, mental health care, and the treatment of complex, chronic disease. A meaningful part of my role as a Veteran GP is maintaining an evolving understanding of the Veteran health landscape - including key specialists and available resources.

Dr Nerissa Naidoo, Total Veteran Healthcare GP, and GP Surgeon

Escalation Treatment Options

Travelling towards better health is a journey, and finding the right treatment for you a key part of it. What works for one patient may not work for another, which is why Total Veteran Healthcare is committed to providing treatment options beyond first response therapies.

60% of Veterans live with long-term health conditions.* Robust escalation healthcare is an important aspect of treatment plans addressing complex chronic disease and treatment-resistant conditions. Our GPs can develop personalised treatment plans that incorporate scalable and coordinated escalation options, so no Veteran is left languishing without a clear pathway forward on their healthcare journey.

A clear, delineated map of treatment options and solutions ensures you are always travelling towards wellbeing.

*Australian bureau of Statistics, Service with the Australian Defence Force 2021 Census.

Total Veteran Healthcare Outpost Melbourne



The TVH Melbourne Outpost connects former ADF members living in or around Melbourne to service-informed care.

We start with a GP on St Kilda Road who understands your history, then draw on the full TVH national network to address your needs, including chronic pain pathways and mental health care.



Here For You, *Melbourne*

Our Melbourne clinic offers a local entry point into a coordinated care model built specifically for Veterans.

We see Veterans at every stage of their healthcare journey, from those who've just recognised they need help, to those managing long-term conditions. You don't need to have everything organised before you book. Our role is to help guide you through the process and coordinate the care you need.



Meet The Team: **Dr Anita Nesarajah** *MBBS, FRACGP*

Dr Anita Nesarajah is a Melbourne GP with a focus on veteran and lifestyle medicine.

Her clinical interests include chronic pain, hormonal health, innovative treatments, and the role of nutrition, sleep, and nervous system regulation in long-term wellbeing. Her consultations allow time for patients to think through their treatment options, drawing on both conventional medicine and a broader toolkit for holistic multidisciplinary care.

Services Available From Total Veteran Healthcare Outpost Melbourne

Our Melbourne clinic provides face-to-face and telehealth appointments, backed by the wider Total Veteran Healthcare network and coordinated care model.

Innovation in healthcare is vital. Medical innovation creates treatment options for those who need them the most – if you give people options, you give people hope – they are encouraged to keep trying new things until they find the healthcare solution that is right for them.

Dr Ted Cassidy, Total Veteran Healthcare Director - Mental Health



GP care for veterans

A dedicated GP who understands military service, veteran health and the long-term impact service can have on physical and mental wellbeing. Your GP remains the central point of coordination throughout your care journey.



DVA healthcare

Care funded for eligible DVA White Card and Gold Card holders, with support in understanding entitlements, referrals and funded healthcare pathways.



Chronic pain management

Assessment, treatment planning and multidisciplinary referral pathways for musculoskeletal injuries, service-related conditions and persistent pain presentations, with access to broader support where required.



Mental health support

GP-led mental health care with access to psychology and psychiatry referral pathways for PTSD, anxiety, depression and other mental health concerns.



Coordinated care planning

Your care is managed through one connected treatment plan, reducing the need to repeat your story across multiple providers. One team. One plan. One point of contact.



DVA claim support

Clinical support for veterans preparing or progressing DVA compensation claims, including DVA claims, assessments and supporting documentation.



Fast access to 20+ services

Access to a trusted national network of allied health providers, including physiotherapy, exercise physiology, occupational therapy, dietetics and other services coordinated through your GP and care plan.



Telehealth or face-to-face care

In-person consultations are available at our Melbourne clinic on St Kilda Road. Telehealth services connect you with service-informed providers across the country.

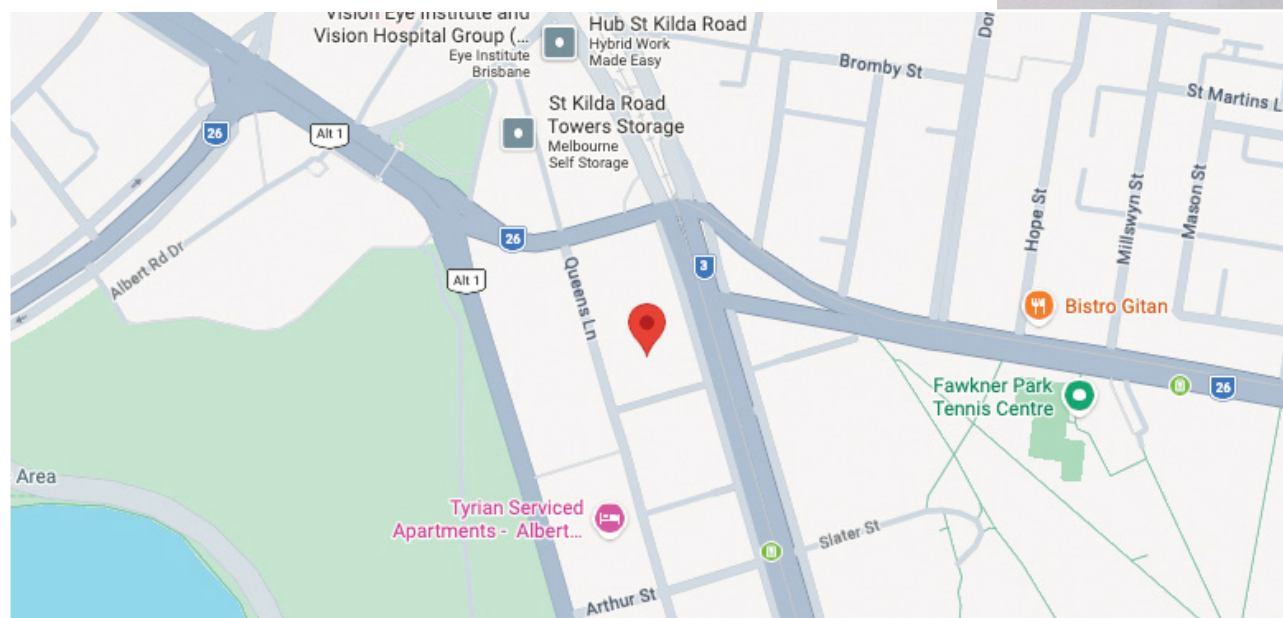
Learn More

Contact us

-  TVH Outpost Melbourne
Pain Masters Clinic, St Kilda Road
Level 4, 402/434 St Kilda Road Melbourne VIC 3004
-  03 7068 9856
-  melbourne@totalveteranhealthcare.com
-  Current hours: Mon-Fri, 8 am–5 pm
-  Appointment types: Face-to-face and telehealth

Getting here

-  **Tram:** Nearby routes include 3, 6, 16, 64 and 67. The closest stop is the closest stop #20, Anzac Station /St Kilda Rd.
-  **Train:** Anzac Station in Zone 1 is the nearest train station, located at St Kilda Road and Albert Road/Domain Road. A property listing for 402 St Kilda Rd states it is approx. 100 m to Anzac Station.
-  **Car parking:** You may find on-street parking nearby (please allow extra time), or there is paid parking at 436 St Kilda Rd, run by Wilson Parking.





**TOTAL
VETERAN
HEALTHCARE**



Learn more, or onboard today.
www.totalveteranhealthcare.com

