

The Precision Lifestyle Medicine Program is a structured medical service led by Dr Bikram Karmakar. It combines Sport and Exercise Medicine, Lifestyle Medicine and Precision Health technology to help patients better understand their health, identify priorities and create an individualised Precision Prescription.

Who may benefit?

- People wanting structured support for energy, sleep, weight, fitness, strength or long term prevention
- Patients with pain, injury or reduced confidence limiting activity
- Patients with metabolic risk, cardiovascular risk, diabetes risk, fatty liver disease or osteoarthritis
- People who have tried generic advice and want a more personalised medical plan

What makes it different?

- Specialist physician led care, not a generic wellness program
- Recommendations prioritised according to your health needs and goals
- Exercise, nutrition priorities, sleep, stress, recovery and prevention are considered together
- Technology supports care, but clinical judgement remains central

Program structure

1. Initial consultation	2. Progress review	3. Six month review	4. Ongoing follow up
<i>60 minutes</i>	<i>30 minutes, around 2 to 3 months</i>	<i>30 minutes, around 6 months</i>	<i>As needed after the program</i>
Review goals, medical history, lifestyle, questionnaire and Precision Health assessment. Perform relevant measurements and create the first Precision Prescription. Blood tests or other investigations may be arranged if required.	Review progress, barriers, results and practical challenges. Refine the Precision Prescription so the plan remains realistic and useful.	Assess overall progress, repeat relevant measures where appropriate and develop a longer term strategy for maintaining change.	Additional reviews can be booked if further support is helpful. If access to the Precision Health platform continues beyond 12 months, licence renewal may be required.

Booking and next steps

How to book

Please book under Dr Bikram Karmakar and select Lifestyle Medicine Initial for your first appointment. Lifestyle Medicine Follow Up will be used for reviews.

Use the [booking link](#) or contact reception 9818 1004.

After booking

You will receive the full Patient Handbook and Discovery Questionnaire to complete before your first consultation. A GP referral is preferred because it supports coordinated care and may allow Medicare rebates where eligible. Patients without a referral are still welcome, although specialist Medicare rebates may not apply.
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