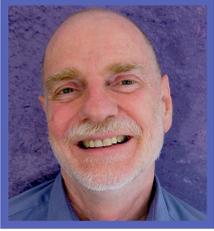


Fact sheet for a Mental Health Care Plan



prepared by Richard Rigby

(based on the fact sheet prepared by the Australian Psychological Society)

June 2016



Please Note: To obtain the Medicare rebate, your referring doctor must complete a Mental Health Care Plan. Please bring this plan to your first appointment with me.

the new medicare rebate

Certain Medicare items apply to psychological treatment by registered psychologists. The Medicare services promote a team approach to mental health care, with general practitioners, psychiatrists and paediatricians encouraged to work with psychologists, and other allied mental health professionals.

psychological help

Psychologists specialize in providing therapies for mental health problems. These therapies are effective for treating common mental health conditions including anxiety and depression and many childhood problems.

mental disorder

Mental disorder is a term used to describe a range of clinically diagnosable disorders that significantly impact on a person's emotions, thoughts, social skills and decision-making. This includes patients with mental disorders such as:

- Anxiety disorder
- Panic disorder
- Depression
- Co-occurring anxiety and depression
- Phobic disorders
- Adjustment disorder
- Eating disorders
- Alcohol use disorders
- Sleep problems
- Attention deficit disorder
- Obsessive Compulsive Disorder
- Sexual disorders
- Conduct disorders
- Bereavement disorders
- Post-traumatic stress disorder
- Drug use disorders
- Psychotic disorders
- Schizophrenia
- Bipolar disorder

Medicare numbers

Medicare provider numbers are issued by Medicare Australia to practitioners who are able to provide services for which a Medicare rebate can be claimed. My provider number is **2669481A**. For a Clinical Psychologist, the item number used is **80010** for a one hour consultation.

referring doctors & rebate

Medicare requires that:

- ★ **Your referring GP, psychiatrist or paediatrician must complete a Mental Health Care Plan so that you are eligible for a rebate.** Your Doctor will require you to book a long appointment.
- ★ **You must bring the doctor's letter of referral to our first session.**
- ★ **The letter of referral needs to be addressed to either "Richard Rigby" or to "the psychologist".**

registered psychologist

All psychologists are legally required to register with the Psychologist Registration Board in their State or Territory. My registration number with the Psychologist Board of Queensland is **792400** and with AHPRA is **PSY0001348167**.

how many sessions?

Eligible patients can receive up to 10 individual services in a calendar year (renewing each January 1). Your referring doctor will assess your progress after the first six sessions, and can complete a "Renewal" form for a further 4 sessions. I am required to report back to your referring doctor about your progress during therapy. Unused services can be carried into the next year. A referral from a doctor is valid for one year.

review & renewal of a MHCP

There is normally a 3 month waiting period following the date of the original referral before the next 4 sessions can be approved. However, your GP has the discretion to complete a 2713 assessment and this does not require the 3 months waiting time. Information about this is available on the following site: <http://www9.health.gov.au/mbs/search.cfm?q=2700-2717&sopt=1>

payment

At the end of a session with me, you can pay by cash, credit card, EFTPOS or cheque. My fee for a one hour session is **\$170.00**. You may then submit your receipt to Medicare for the rebate either by App or visiting a Medicare office. The rebate for a consultation with a Clinical Psychologist, is **\$124.50**.

safety net

You are responsible for paying any charges in excess of the Medicare rebate for items under this initiative. However, these out-of-pocket expenses will count towards both the original and the extended Medicare safety nets. Once you or your family reach the relevant threshold in the calendar year, Medicare benefits will increase to 100% of the schedule fee under the original safety net, and 80% of your total out-of-pocket expenses for out-of-hospital services under the extended Medicare safety net.

private health insurance

You cannot use your private health insurance ancillary cover to top up the Medicare rebates for these services. You need to decide if you will use Medicare OR your private health insurance ancillary cover to pay for psychological services you receive. You can either access rebates from Medicare by following the claiming process, or claim where available on your insurer's ancillary benefits.

Kind wishes

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