



PSYCHOLOGY, PSYCHOTHERAPY AND LIFE COACHING  
DPsych (counselling), BSc (hons), MAPS

ABN 87 489 132 330

*a life simply lived*

PSYCHOLOGY

## **MEDICARE INFORMATION**

### **MEDICARE GENERAL PSYCHOLOGY SERVICES**

Under the Medicare scheme, you can receive up to 10 individual psychological sessions in a calendar year.

To qualify for psychological services under Medicare, you will need to provide some important information. Before your first Psychology session under the Medicare scheme, you will need to provide:

- a referral letter from your GP/ Psychiatrist and
- a copy of the GP Mental Health Care Plan (Item # 2700, 2701, 2715 or 2717).
- Alternatively, a referral letter from a Paediatrician requesting psychology sessions.

### **PSYCHOLOGY AND YOUR DOCTOR: THINGS TO REMEMBER**

It is your doctor's decision whether you will qualify for psychological services under the Medicare scheme. Your doctor knows your history and is the best person to judge the appropriateness of the service.

It will take your doctor extra time to complete the assessment and required paperwork for your referral to a psychologist. It is a good idea to advise them when arranging your appointment that you are interested in a mental health care assessment and plan prior to your doctor's appointment.

With your permission, a letter will periodically be written to your doctor to update them on how sessions are progressing.

The doctor's mental health care plan will have a timeline. Unless the doctor specifies otherwise, it is valid for a rebate up until the first 6 visits with the psychologist have occurred. After the 6th visit you will need to attend your doctor for a review and the referring doctor needs to notify your psychologist in writing that he/she has approved a further 4 visits.

If you believe you have a referral that entitles you to a Medicare rebate, we suggest you check this with Medicare before your appointment, on 132 011.

### **CLAIMING MEDICARE REBATES**

The Medicare rebate is set by the government and will not cover the entire cost of psychology services. If you are eligible for a Medicare rebate, it cannot be processed until the full session fee is paid. *You cannot just pay the out of pocket expense (gap). You must pay the full fee.* Upon full payment, your Medicare rebate can be processed immediately if you supply your Medicare card details. Alternatively, you can lodge your rebate online with Medicare using the payment receipt provided to you.

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