



## **How to obtain a Medicare referral to see Angela Powell:**

### **1. Making the doctor's appointment:**

- Book an extended appointment with your GP
- You will generally require a double or extended appointment since it takes your GP a little longer than a standard appointment to complete the paperwork with your Doctor.

### **2. What will happen at your doctor's appointment:**

Ask your GP for 2 things:

#### **1. A Mental Health Care Plan**

Your GP will ask you're a few questions about your concerns about your concerns and will probably give you a questionnaire that measures your level of "psychological distress" or your stress, anxiety and depression.

It may feel a little weird and incomplete having your concerns assessed on one of these questionnaires. However, questionnaires are just a guide designed to give information briefly and quickly; they will also serve as a baseline measurement to monitor how you are feeling over time.

#### **2. Medicare referral to me:**

This referral must have my name (Angela Powell), provider number (4683921X) and profession (Accredited Mental Health Social Worker) on it. Please ensure that your doctor writes that I am an ACCREDITED MENTAL HEALTH SOCIAL WORKER not a psychologist.

Please pass along my website details ([www.livewellcounselling.com.au](http://www.livewellcounselling.com.au)) to introduce my service to the GP.

Medicare refers to my profession as: Mental Health Social Worker.  
(see my brochure, although your GP will understand what this means).

## **At your first counselling appointment**

### **Please bring:**

1. Your Mental Health Care Plan & Referral from your GP – otherwise I cannot charge under the Medicare for the first session and this will leave you responsible for the whole fee. And unable to claim your rebate. These are Medicare's rules.
2. Your Medicare card and either cash, debit card or credit card (read following page for further details).

## **Claiming your rebate refund from Medicare**

I have HICAPS/EFTPOS facilities at my office. I am able to swipe your Medicare card and you will be immediately funded a \$74.80 rebate towards the session fee if you have banking details lodged with Medicare.

If you have not lodged your banking details (BSB & Account numbers) with Medicare: you can call 13 20 11 to do so.

You must bring a debit card for claiming your refund as Medicare will not refund to a credit card.

## **To Obtain a 2<sup>nd</sup> Referral to me (if necessary):**

Medicare covers up to 10 rebates towards appointments within a 12 month period. After the 6<sup>th</sup> session, you are required to obtain a 2<sup>nd</sup> referral from your GP for the remaining 4 sessions.

However, you are not obliged to attend this maximum number of sessions.

You can come for as many sessions as you prefer.

## **Report to your GP:**

Medicare requires that I write a brief report back to your GP either at the end of the 6<sup>th</sup> session or when you choose to end counselling. I will firstly show you my report for editing and approval if you prefer details to be made more general.

Please do not feel alarmed by words such as “mental health”; these words can seem quite unsettling and dramatic. “Mental health” just refers to how we are feeling emotionally in the same way as “physical health” refers to how our body is feeling – for example - flu, asthma, broken arms etc.

Mental Health Care Plans are for everyday people with everyday problems who are managing well in many areas of life, but would like some extra support and ideas for managing some complicated experiences or current challenges.

Please feel welcome to email me [angela@livewellcounselling.com.au](mailto:angela@livewellcounselling.com.au) or call me on: 0423 585 096 if you wish to discuss any of these details.

Warm regards,

Angela ☺