



www.livewellcounselling.com.au

How to obtain a Medicare referral:

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 the name of the name of the provider on it – either *Angela Powell* or *Sarah Cooper* and profession (Accredited Mental Health Social Worker) on it. Please ensure that your doctor writes ACCREDITED MENTAL HEALTH SOCIAL WORKER not psychologist on the referral.

Please pass along our brochure or website address as an introduction to your GP.

Medicare refers to our profession as: Mental Health Social Worker.
(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 we cannot charge under the Medicare for the first session and this will leave you responsible for the whole fee. These are Medicare's rules.
2. Your Medicare card and either cash, debit card or credit card (read following page for further details).

Paying for counselling appointments:

1 Hour appointment is \$140
(\$65.20 out of pocket if you are claiming under Medicare).

This means your GP referral will mostly cover your sessions with just a \$65.20 gap payment for each session.

Claiming your refund from Medicare

Angela has HICAPS/EFTPOS facilities at her office. This means that you are able to swipe your Medicare card and you will be immediately funded &74.80/session 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 2nd Referral (if necessary):

Medicare covers up to 10 appointments/person in a year. After the 6th session, you are required to obtain a 2nd 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 a brief report is written back to your GP either at the end of the 6th session or when you choose to end counselling. The report will be shown to you 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 either angela@livewellcounselling.com.au or sarah@livewellcounselling.com.au if you wish to explore or discuss any of these details further. We realise that initially it can seem a lot of information to take in.

Angela & Sarah ☺