

Medicare services to help you get healthy

Chronic medical conditions

If you have a chronic medical condition, you may be eligible for health services under either a:

- General Practitioner Management Plan (GPMP)
- Team Care Arrangement (TCA).

Chronic medical conditions are those that have been, or are likely to be, present for at least 6 months, such as:

- asthma
- cancer
- cardiovascular disease
- diabetes
- kidney disease
- musculoskeletal conditions
- stroke.

Under a TCA, you may be able to receive a referral and Medicare rebate for **up to 5 allied health appointments per calendar year**, spread across:

- physiotherapist
- exercise physiologist
- dietitian
- occupational therapist
- podiatrist
- psychologist
- chiropractor
- osteopath
- speech pathologist.

Type 2 diabetes – additional services

If you have type 2 diabetes you can also access additional group services for:

- diabetes education
- exercise physiology
- dietetics.

Mental health

If you have a mental health condition you may be eligible for a **mental health treatment plan**. This lets you claim **up to 10 sessions with a mental health professional each calendar year**. To start with, your doctor or psychiatrist will refer you for up to 6 sessions at a time. If you need more, they can refer you for further sessions.

How to access these services

Make an appointment with your GP to ask about these health services. Please note that health professionals set their own fees, so Medicare may only cover some of the cost. You can ask when your plan is being prepared for a bulk-billing option, if available.