



Medicare Allied Health Group Services for Type 2 Diabetes

Innovative Health & Rehab (IHR) are proud to introduce an exciting new diabetes education program that has been designed to give you the tools and knowledge you need, to take control of your diabetes – empowering you to make a change in your life. This program is facilitated by exercise physiologists to educate those with Type 2 Diabetes on how to better manage their condition through advanced self management and allied health support.

Our seminars cover a combination of educational and practical components designed to help patients understand:

- Overview of type II diabetes
- Nutritional guidelines
- Improving blood glucose control
- Effective use of glycemic index and glycemic load
- Food labeling
- Weight management
- Physical activity guidelines
- Exercise strategies

The program layout is easily tailored to suit the individual patient. IHR also tailor seminars specially for individuals with specific needs (i.e. pre-diabetics/impaired glucose tolerance, Type I Diabetes or newly diagnosed with diabetes). Our group seminars are also aimed at precise aspects of diabetes management or for different stages of diabetes (eg. weight loss, managing CVD, insulin therapy in Type 2 diabetes).

Carrying excess weight around the abdomen, in particular a waistline measuring over 90 cm for women and 100 cm for men, could potentially increase risk for type 2 diabetes.

Maintaining a healthy weight, being physically active and healthy eating can reduce a person's risk of developing type 2 diabetes by up to 60 per cent.

Multiple Long-term studies indicate that lifestyle changes are the most effective way to preventing and treating Type 2 Diabetes. These lifestyle changes have been found to be more effective in preventing and treating diabetes than the most common diabetes medications.

For individuals who already have already been diagnosed with Type 2 Diabetes, exercise is a critical component in reducing the risk of complications relating to Type 2 Diabetes and improving glucose control. Recent studies have found that people with Type 2 Diabetes had significantly improved blood

glucose levels as a result of becoming physically active and that they didn't need to lose weight to achieve this.

Individuals with Type 2 Diabetes would benefit greatly from being active but it is important to keep challenging themselves while being active through setting goals. Challenges and goals must be individual, what challenges or goals a sedentary 50 year old may differ to that of a 40 year old who exercises regularly.

Individuals with Type 2 Diabetes often have other medical conditions that need to be considered before commencing or changing an exercise program. It has been recommended by AAESS that people with Type 2 Diabetes obtain advice from their Doctor or an Exercise Physiologist first to ensure suitability to commence exercise and ensure program is individually tailored to their condition.

From the 1st May 2007 Medicare introduced rebates for group management of Type 2 Diabetes by Accredited Exercise Physiologists. If a Diabetic needs assistance in becoming active, they should discuss this option with their GP.

Eligibility

A patient must:

- Have type II diabetes,
- Have a health care plan in place; and
- Be referred by their GP for an assessment

Those who do not meet the above criteria are still welcome to register for the program, however they will be required to self-fund. Private health funds may provide rebates however we advise you to please contact your health fund to find out if you are covered.

AAESS's Accredited Exercise Physiologists are the most qualified health professionals for the prescription of exercise. They have specific training to identify and manage health risks, while developing a lifestyle program which improves your health and diabetes control.

For more information contact our Accredited Exercise Physiologists at Innovative Health and Rehab or speak with your GP regarding a referral for Type 2 Diabetes.

Referral form for Allied Health Group Services under Medicare for patients with type 2 diabetes

Note: GPs can use this form issued by the Department of Health and Ageing or one that contains all of the components of this form.

PART A – To be completed by referring GP (tick relevant boxes):

- Patient has type 2 diabetes AND either
- GP has prepared a new GP Management Plan (MBS item 721) OR
- GP has reviewed an existing GP Management Plan (MBS item 725) OR
- for a resident of an aged care facility, GP has contributed to or reviewed a care plan prepared by the facility (MBS item 731) [Note: Generally, residents of an aged care facility rely on the facility for assistance to manage their type 2 diabetes. Therefore, residents may not need to be referred for allied health group services as the self management approach may not be appropriate.]

Note: GPs are encouraged to attach a copy of the relevant part of the patient’s care plan to this form.

Please advise patients that Medicare rebates and Private Health Insurance benefits cannot both be claimed for

GP details

Provider

Name

Address Postcode

Patient details

First Name Surname

Address Postcode

Note: Eligible patients may access Medicare rebates for **one** assessment for group services item in a calendar year. Indicate the name of the practitioner (diabetes educator, exercise physiologist or dietitian), or the allied health practice, you wish to refer the patient to for this assessment. The assessment must be done before the patient can access group services.

Allied Health Practitioner (or practice) the patient is referred to for Assessment:

Name of AHP or John Sadeik

Address PO Box 143 Roselands NSW Postcode 2196

Referring GP’s signature

Date

PART B – To be completed by Allied Health Professional who undertakes Assessment service:

Eligible patients may access Medicare rebates for **up to 8** allied health group services in a calendar year. Group size must be between 2 and 12 persons.

Indicate the name of the provider/s, and details of the group service program.

Name of provider/s:

Name of program:

No. of sessions in the prog

Venue (if known):

Name of Referring AHP:

AHPs must provide, or contribute to, **a written report** to the patient’s GP after the Assessment service and at completion of the group services program.

AHPs should retain a copy of the referral form for record keeping and Medicare Australia audit purposes.

Allied health services funded by other Commonwealth or State/Territory programs are not eligible for Medicare rebates under

these items, except where the service is operating under sub-section 19(2) arrangements.

This form may be downloaded from the Department of Health and Ageing website at

www.health.gov.au/mbsprimarycareitems.

THIS FORM DOES NOT HAVE TO ACCOMPANY MEDICARE CLAIMS