

Referrals to Accredited Exercise Physiologists under Medicare

Who can be referred?

Patients who have both a GP Management Plan (GPMP) **and** Team Care Arrangements (TCAs) have access to allied health individual services on the Medicare Benefits Schedule. Eligible patients can claim a maximum of **five (5) allied health services per calendar year**. The five allied health services can be made up of one type of service (e.g. five exercise physiologist services) or a combination of different types of services.

In addition, patients with a GPMP and type 2 diabetes can also access Medicare rebates for up to **eight (8) allied health group services per calendar year**. Group programs do not have to be limited to type 2 diabetes groups only. Relevant group programs for type 2 diabetes patients may include:

- **Fitness or weight management group services;** or
- Blood glucose monitoring services.

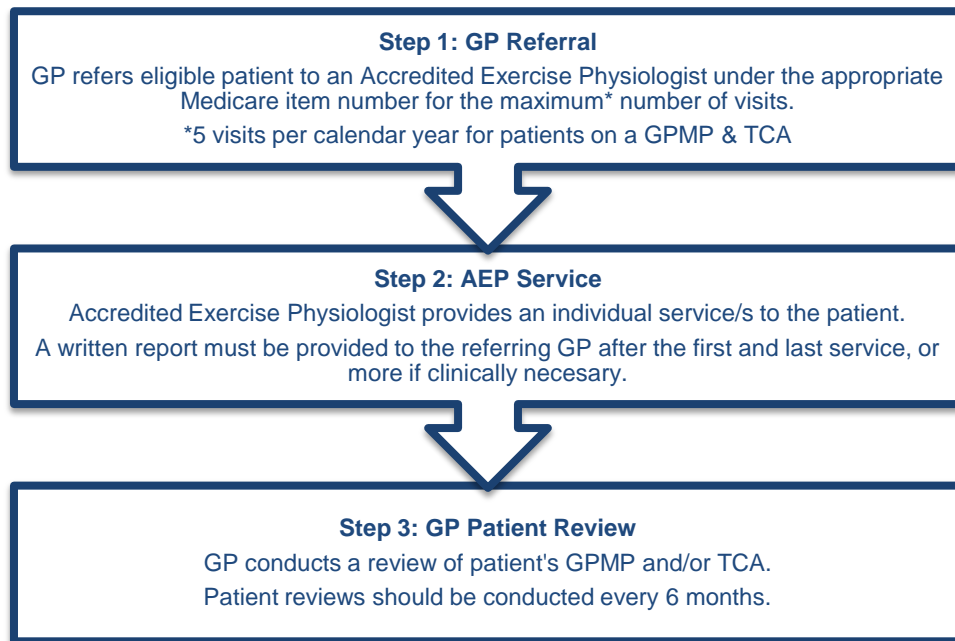
What Medicare item numbers can I use?

Medicare Australia provides the following funding items for patients requiring a referral to an Accredited Exercise Physiologist:

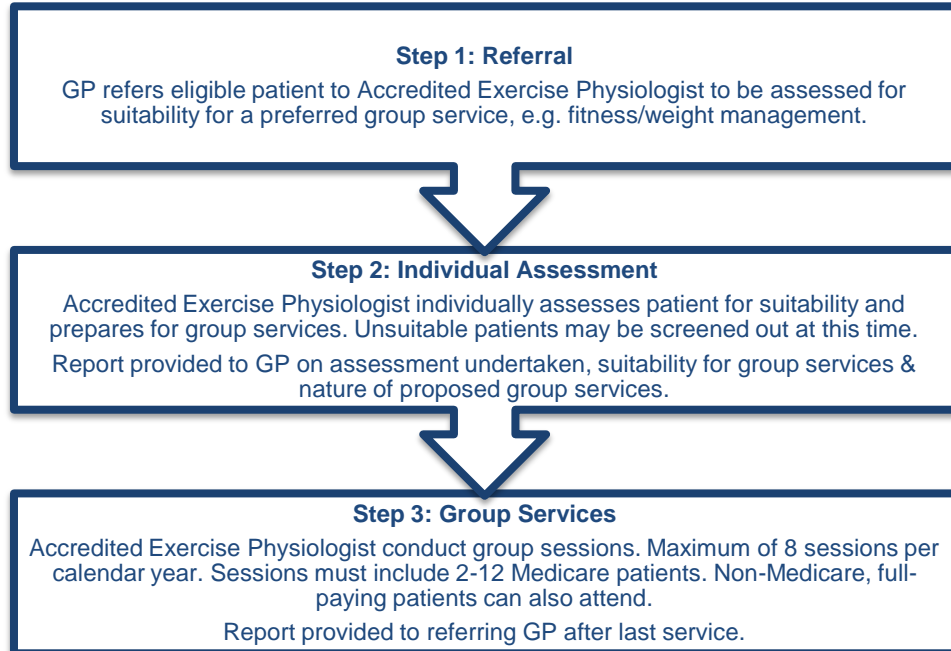
| Item number | Service Provided | Eligible Patients | Prerequisite for Claiming |
|-------------|--|--|--|
| 10953 | Exercise physiology service | Patients who have a chronic condition & complex care needs | - GP claimed GPMP AND TCA in past 2 yrs. - GP must refer using an approved referral form.* |
| 81110 | Exercise physiology service – assessment | Patients with type 2 diabetes | - GP claimed GPMP. - GP must refer using an approved referral form.* |
| 81115 | Exercise physiology service – group service | | - Assessed as suitable by Assessment for Group Services (item 81100, 81110 or 81120). |
| 81315 | Exercise physiology service | Indigenous Australians who have had a health check | - GP must have completed a health check. - GP must refer using an approved referral form.* |

*Approved referral forms are available at www.exerciseismedicine.org.au

What is the referral process for individual Medicare items?



What is the referral process for group items for people with type 2 diabetes?



Related information

Department of Health and Ageing:

<http://www.health.gov.au/internet/main/publishing.nsf/Content/mbs-primary-care>

Exercise is Medicine® Australia: www.exerciseismedicine.org.au

Medicare Australia: www.medicareaustralia.gov.au

