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# Medicare Benefits Schedule (MBS) Fact sheet for People with Eating Disorders

In 2019, the Australian Government introduced the Eating Disorders Treatment and Management Plan (EDTMP) to provide affordable evidence-based care for people with eating disorders. People who are eligible for an EDTMP can access Medicare benefits for up to 40 psychological and 20 dietetic services over a 12-month period.

## What is an EDTMP?

An EDTMP is a personalised treatment plan that can help you manage an eating disorder under the supervision of your GP. Your doctor may also refer to an EDTMP as an EDP (Eating Disorder Plan).

With an EDTMP, you can claim Medicare benefits for up to 40 psychological (mental health) treatment services and 20 dietetic treatment services over the next 12 months.

A GP will usually be able to assess your eligibility for an EDTMP, but they may also refer you to another specialist doctor, such as a psychiatrist or paediatrician, for further assessment and development of a plan tailored to your needs.

After your plan is in place your GP will refer you to suitable providers for treatment services, such as a dietitian, a psychologist or another mental health professional. You will then be able to access Medicare benefits for up to 20 appointments with a dietitian, and the first 10 mental health appointments.

After 10, 20 and 30 mental health appointments, your GP will need to review your progress and decide if you need more support. You will also need a specialist review from a psychiatrist or paediatrician after the first 20 mental health appointments, to make sure you are getting the care best for you.

If it is possible and appropriate, your family, carers or chosen support people should be involved in the treatment planning and reviews. This will make sure you are also getting the support you need at home.

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If you need more urgent help or support for an eating disorder or body image issue, please call the Butterfly National Helpline on 1800 ED HOPE (1800 334 673) or visit [www.butterfly.org.au](http://www.butterfly.org.au)

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## Who can get an EDTMP?

If you think you might benefit from an EDTMP, you should speak to your GP in the first instance.

You could be eligible for an EDTMP if you meet the following criteria:

Your doctor has given you a diagnosis of anorexia nervosa.	OR	Your doctor has given you a diagnosis of bulimia nervosa, binge eating disorder or Other Specified Feeding or Eating Disorder (OSFED), and
		You score 3 or more on the Eating Disorder Examination Questionnaire (EDE-Q); and
		You experienced rapid weight loss, frequent binge eating or compensatory behaviours (eg. vomiting, fasting or excessive exercise) more than three times a week; and
		You have at least <b>2</b> of the following indicators: <ul style="list-style-type: none"><li>• Low body weight, if it is directly caused by your eating disorder</li><li>• High medical risk due to your eating disorder symptoms.</li><li>• Other co-occurring medical or psychological conditions that have a significant effect on your health and daily life (for example – anxiety, depression, diabetes, Crohn's Disease).</li><li>• Hospital admittance for an eating disorder in the last 12 months.</li><li>• Inadequate treatment response to evidence-based treatment for your eating disorder over at least six months, despite persistent and active participation.</li></ul>

## What is the Eating Disorder Examination Questionnaire (EDE-Q)?

The EDE-Q is a screening tool that can help your doctor assess your eating disorder symptoms.

An online version of the EDE-Q is available on the Inside Out Institute website at:

<https://insideoutinstitute.org.au/assessment?started=true>

## Can I choose my own treatment providers for EDTMP services?

Yes. Any registered dietitian can provide dietetic services, and mental health services under an EDTMP can be provided by a GP with mental health training or an allied health professional (including psychologists, mental health social workers, and mental health occupational therapists).

If your provider of choice is eligible to provide services through the EDTMP, your GP should be able to give you a referral so you can access Medicare benefits for your dietitian or mental health appointments.

If you are trying to connect with a professional with the right expertise to support your treatment and recovery, you may want to visit the [connect-ed website](#). This website allows you to search

for health professionals who have the qualifications and experience needed to deliver safe and effective eating disorders treatment.

## What mental health treatments can I access under the EDTMP?

To make sure you are getting evidence-based care, there is a list of treatment options that your psychologist or other mental health practitioner can use under the EDTMP. These are:

- Family-based treatment for eating disorders (FBT)
- Adolescent-focused therapy for eating disorders
- Cognitive behavioural therapy for eating disorders (CBT-E)
- Specialist supportive clinical management for eating disorders
- Maudsley Model of Anorexia Treatment in Adults
- Interpersonal therapy for bulimia nervosa and binge-eating disorder
- Dialectical Behavioural Therapy for bulimia nervosa and binge-eating disorder
- Focal psychodynamic therapy for eating disorders.

Further information on these treatment options is available online at: <https://nedc.com.au/eating-disorders/treatment-and-recovery/treatment-approaches>.

## When does an EDTMP expire?

An EDTMP expires at the end of a 12-month period from the date of commencement. After that period, a patient will require a new EDTMP to continue accessing eating disorder services.

## What if I use up all 40 psychological and 20 dietetic sessions before the 12-month period ends?

If you require more than 40 psychological and 20 dietetic services during the 12-month period, talk to your GP and/or treating practitioner about other alternative options available, including services available through Primary Health Networks (PHNs) and Medicare Mental Health Centres.

To find your local PHN and what services may be available in your region, go to [www.health.gov.au/phn](http://www.health.gov.au/phn) and use the map locator to search for your postcode.

For more information on Medicare Mental Health Centres, you can make a free call to 1800 595 212.

## How will an EDTMP affect my other GP health plans?

Some people with co-occurring physical and mental health conditions may also need a Mental Health Treatment Plan (MHTP) or a GP Chronic Condition Management Plan (GPCCM) from their GP. This is not recommended as it may make keeping track of your remaining services confusing, however it is possible to have multiple plans at once if you meet the relevant eligibility criteria and your GP thinks it will be necessary.

You should also note that once you get an EDTMP, any MHTP or GPCCM services you claim under Medicare will count toward the total of 40 psychological and 20 dietetic sessions under your EDTMP.

## What if I am not eligible for an EDTMP?

If you are not eligible for an EDTMP you will still be able to access private mental health and dietetic services, but you will not be able to get Medicare benefits for these services.

Please discuss options with your GP, as there may be other treatments and supports available to you. Depending on your needs, this may include a Mental Health Treatment Plan or a GP Chronic Condition Management Plan as well as community or hospital-based programs, and online (digital) support options. Your GP will be able to refer you to services in your local area that are most suitable for your circumstances.

## Further information

Information regarding eligibility, claiming and payment processes can be obtained from Services Australia on 132 011 or on the [Medicare website](#).

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Please note that the information provided is a general guide only. It is ultimately the responsibility of treating practitioners to use their professional judgment to determine the most clinically appropriate services to provide, and then to ensure that any services billed to Medicare fully meet the eligibility requirements outlined in the legislation.

This factsheet is current as of the last updated date shown above and does not account for MBS changes since that date.

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