

Eating Disorder Treatment and Management Plan – patient/practitioner journey

On 1 November 2019, the Australian Government introduced Medicare Benefits Schedule (MBS) eating disorder items to support an evidence-based, best practice model of treatment for people with anorexia nervosa and other eligible patients with eating disorders. With an Eating Disorder Treatment and Management Plan (EDTMP), eligible patients can access Medicare benefits for up to **40 psychological (mental health) treatment services** and **20 dietetic treatment services** over a **12-month period**.

An example patient/practitioner journey for the management of an eating disorder under an EDTMP is outlined below. Note: as outlined in the [Evaluation of the Eating Disorders MBS items](#) report in 2024, under an EDTMP, the average number of psychological treatment services per patient was 13-14, and the average number of dietetics services per patient was 8. The example below is based on a more complex EDTMP scenario to outline the additional steps required for patients that require more than 20 psychological treatment services. The number of services a patient will be eligible for under an EDTMP remain at the clinical discretion of the relevant referring practitioner.

