



HEALTH

AT DULWICH

Fully Bulk Billed

GP Chronic Disease Care Plans



**GP Care Planning to assist you
in monitoring and managing
your chronic health condition**

Care Plans and Team Care Arrangements

If you have a chronic condition, you may be eligible and benefit from a fully Bulk Billed General Practitioner Management Plan (GPMP Care Plan) and Team Care Arrangement (TCA)

A GPMP Care Plan is established between you and your GP and practice nurse. The plan identifies and develops realistic ways to better manage your health.

If appropriate, a TCA can be organised. This gives you access to rebated allied health care visits (eg. physiotherapy, podiatry, psychologist etc.).

Care Plans and Team Care Arrangements are Bulk Billed and fully funded by

Medicare – meaning no out of pocket expense to you!

Care Plans – What are the benefits?

- Help to coordinate the health care and treatment.
- Used as a tool for organising health care.
- Provides clearer goals and encourages patients to understand and be involved in their own care.
- Improved self-management of health care.
- Enable evolution from periodic, acute management towards a structured preventative approach.
- Access to other health care professionals.
- Promotes teamwork with your GP, practice nurse and other health professionals and services.
- Better follow-up and has a positive impact on patient care, outcome and quality of life.
- **No out-of-pocket fees for Care Plans with GPs at Health at Dulwich.**



Our independent GPs encourage all people with a chronic illness to:

- Be aware of their current state of health, including risk factors and signs and symptoms of chronic disease.
- Develop and maintain an ongoing professional relationship with a GP who is aware of their medical history.
- **Make an appointment for a fully Bulk Billed Medicare-funded Care Plan.**

Who should have a GP Care Plan?

All people with or have symptoms of a chronic health condition should have a Care Plan prepared by a GP.

A chronic health condition may include but is not limited to:

- asthma
- cancer
- diabetes
- heart disease
- osteoporosis
- stroke

What does a GP Care Plan involve?

An appointment takes 30-45 minutes. One of our practice nurses followed by one of our trusted, independent GPs will:

- update your medical history
- ask questions to assess your particular health care needs and your current health and risk factors
- complete a brief physical examination to measure your blood pressure, weight and blood sugar
- agree to achievable management goals for better health outcomes
- identify any actions that you can take to achieve goals
- identify treatment and services that may help
- develop a plan outlining all the above
- arrange ongoing regular follow-up to review goals as set out in the plan
- take a blood test (to check cholesterol, electrolytes, kidney and liver function)

Your Medicare rebate eligibility

If you are eligible for a chronic disease care plan, you will be eligible for a fully Bulk Billed Medicare care plan at Health at Dulwich.

You may also be eligible for further government-funded plans and programs, including:

- 75 Year-old and over Health Assessment
- Home Medicines Review
- Mental Health Care Plan

Ask your GP or Practice Nurse at Health at Dulwich about preparing a Fully Bulk Billed Care Plan and other services that could help to improve your health.

To make an appointment with your GP or talk to our Practice Nurses, please contact us on 7221 2588.

Monday – 9am to 6pm

Tuesday to Friday – 9am to 5pm

Saturday – 9am to 12pm

Telephone: (08) 7221 2588

12 Stuart Road, Dulwich SA 5065

www.healthatdulwich.com.au

