



HEALTH AT DULWICH

Fully Bulk Billed

GP Chronic Condition Management Plan



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

GP Chronic Condition Management Plan

If you have a chronic condition, you may be eligible and benefit from a fully Bulk

Billed GP Chronic Condition Management Plan (GPCCMP)

A GPCCMP 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 referral can be organised by your GP to obtain allied health services. This gives you access to rebated allied health care visits (eg. physiotherapy, podiatry, psychologist etc.).

Please contact allied health providers to enquire about their individual fees and charges

GP Chronic Condition Management Plans are Bulk Billed and fully funded by

Medicare – meaning no out of pocket expense to you!

GPCCMPs can be conducted face to face or via telehealth (telehealth conditions apply)

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 condition 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 GP Chronic Condition Management Plan.**

Who should have a GPCCMP 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
- mental health
- weight management
- endometriosis
- autism spectrum disorder

What does a GPCCMP Care Plan involve?

An appointment takes 30 minutes in total. 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 GPCCMP, you may be eligible for a fully Bulk Billed Medicare Care Plan at Health at Dulwich.

Registration with MyMedicare will ensure you are eligible for a rebatable care plan at Health at Dulwich.

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

- 45-49 and 75+ 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 GPCCMP 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

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www.healthatdulwich.com.au

