

# GP MANAGEMENT PLANS & TEAM CARE ARRANGEMENTS

Your doctor has identified that you may be eligible for a **Medicare subsidised GP Management Plan +/- Team Care Arrangement**

- A person with a **chronic or terminal medical condition** is eligible for a GP Management Plan. A chronic medical condition is one that has been (or is likely to be) present for six months or longer.

This includes (but is not limited to) asthma, cancer, cardiovascular disease, diabetes, musculoskeletal conditions and stroke.

- A person with a chronic or terminal medical condition **and** complex care needs, requiring care from a multidisciplinary team, is eligible for a GP Management Plan and a Team Care Arrangement.

## What is a GP Management Plan (GPMP)?

A GP Management Plan is a process that is designed to help optimise the management of chronic diseases. It involves an initial appointment, at which the GPMP document is created, and regular reviews (usually 3-6 monthly). The GPMP can be renewed after a minimum of 12 months.

The plan itself includes a description of your health care needs/problems, management goals, actions to be undertaken by yourself, arrangement of treatment and services required for your chronic health issues and a timeline for planned review.

## What is a Team Care Arrangement (TCA)?

A Team Care Arrangement is a collaboration between a multidisciplinary team that is coordinated by your GP. A multidisciplinary team must involve a minimum of **three** health or care providers (one of which is your GP) that provide different services to each other. One of these must be an allied health provider. The appointments and reviews for a TCA are usually combined with your GPMP appointments.

If you have a TCA in place you can then access up to five Medicare subsidised allied health visits each calendar year (please note there may still be an out-of-pocket GAP fee for these visits depending on the provider).

## Why should I book in for a GPMP/TCA?

Chronic diseases can be complex to manage and it is important that sufficient time is dedicated to optimising health outcomes. GPMP/TCA appointments allow us to take the time needed to ensure that your unique health needs are being appropriately met.

GPMPs/TCAs can also assist in reducing the financial burden of your chronic condition. This is achieved in three ways;

1. By optimising management we can hopefully avoid future complications and excessive additional health expenses
2. GPMP/TCA appointments may replace some of your standard appointments (such as script refills) which would otherwise have attracted an out-of-pocket fee
3. If you are eligible for a TCA you can access up to five Medicare subsidised allied health visits each calendar year

### **What is involved?**

You will be seen first by the practice nurse who will review your file, ask you questions about your current management and take appropriate measurements (such as weight, BP). Depending on your health condition other investigations such as an ECG or spirometry may also be performed. After the nurse has done the initial preparation you will be reviewed by the doctor who will finalise your GPMP/TCA.

At the end of the consult you will be provided with a copy of your GPMP/TCA to keep for your own records, scripts for any regular medications that are due and forms for any investigations (such as bloods) to be done prior to your next review. You are encouraged to book in for your next review prior to leaving.

Please note that preparation of a TCA requires us to contact the health care professionals involved to obtain their agreement to the plan. This will generally be done after your appointment. Once this has been completed we will process the billing to Medicare and advise you once it has gone through. Please do not book any allied health appointments for which you have been referred to under a TCA until you have received confirmation that the billing has gone through, as you will not be able to claim a Medicare rebate until this is finalised.

### **Who should do my GPMP/TCA?**

GPMPs and TCAs are completed by the practice nurse and your usual treating doctor. This is the doctor who has provided the majority of your care over the last 12 months, or who is expected to be providing the majority of your care over the next 12 months. Another doctor in the same practice can also do your GPMP/TCA, although it is strongly recommended to see your usual GP if possible.

### **What if I have had a GPMP or TCA done recently?**

If you have been seen at another practice you may have had a GPMP +/- TCA done elsewhere. If you are unsure we can check with Medicare before proceeding with the preparation of a GPMP/TCA. If you have had a GPMP/TCA done within 12 months you will not be eligible for a Medicare rebate. You may, however, be eligible for a review if it has been at least 3 months since your GPMP/TCA was billed.

### **What will the cost be?**

GPMPs, TCAs and reviews are usually bulk billed at Myaree Medical Centre (no out of pocket expense).

### **Can I also use this appointment to talk about another medical issue?**

Medicare does not allow rebates to be paid for both a GPMP/TCA and a general medical issue on the same day. This applies to the review appointments as well as the initial appointment. Regular scripts can be provided on the same day if due. If you have another matter to discuss please book another appointment on a separate day.

**Is a GPMP/TCA the same as a health assessment?**

No, a GPMP/TCA is for management of diagnosed chronic disease/s and is different to a health assessment, which is about preventative health care. You may be eligible for both – please speak to your doctor if you are unsure.

**How often should I come back for a review of my GPMP/TCA?**

Frequency of reviews will depend on your unique medical health needs. At a minimum reviews can be done every 3 months. Your doctor will talk to you about your recommended schedule.

**How do I book for a GPMP/TCA?**

Please speak to our receptionists about booking in for a GPMP/TCA, either in person or over the phone. **You must advise them that you are coming in for a GPMP and/or TCA** so they can book you in correctly. Please note that **GPMPs/TCAs cannot be booked online**.

Please note when booking in for reviews to book in **as close to** the review date given to you **but not before**. If you book in too early you may not be eligible for the Medicare rebate.

**MY GP MANAGEMENT PLAN BOOKING**

Booking with the practice nurse and Dr \_\_\_\_\_

On \_\_\_\_\_ at \_\_\_\_\_

For:

- GP Management Plan
- GP Management Plan + Team Care Arrangement
- Review of GP Management Plan
- Review of GP Management Plan + Team Care Arrangement

Please arrive at least **5 minutes prior** to your scheduled appointment time

If you have had a GPMP +/- TCA prepared elsewhere within the last 12 months please bring a copy along to your appointment