

## *AJZ Solutions*

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### Obesity Clinic Referral form.

Are you eligible for a medicare rebate?

In order to receive the medicare rebate you will need a referral from your doctor to state that you have been diagnosed with an eating disorder that is covered by Medicare. As medicare only covers you for a certain number of treatment sessions, it is important that a psychologist has not already treated you for this condition. If you have been treated by a psychologist for this condition but only attended a few sessions, you can still receive a rebate for the balance of the annual amount of authorized sessions. You can find out what your balance is from medicare.

The diagnosis used for referral to the Obesity clinic is usually one of the following:

*Eating Disorder, Not Otherwise Specified, 307.50.6*

or

*Bulimia Nervosa 307.51*

In order to receive either of these diagnoses you need to meet certain criteria. Answer the questions below to help you decide whether or not to seek a referral from your doctor.

1. Do you have a pattern of binge eating? This means eating, in a discrete period of time, an amount of food that is definitely larger than most people would eat during a similar period of time and under similar circumstances. For example, is your eating characterized by periods of over-eating followed by periods of either under-eating or normal eating?

Yes

No

2. Do you have a sense of lack of control over your eating during these episodes? For example when you start eating do you find it hard to stop?

Yes

No

3. Have you been eating this way on average at least twice a week for more than 3 months?

Yes

No

4. Do you believe that your self-evaluation is influenced by how much you weigh?

Yes

No

5. Do you try to compensate for overeating by vomiting; misuse of laxatives, diuretics, enemas, or other medications; fasting; or excessive exercise?

Yes

No

If you have answered yes to all of the first 4 questions, you could be diagnosed with Binge-Eating disorder, not otherwise specified. If you have also answered yes to the fifth question, you could be diagnosed with Bulimia Nervosa.

Please take this completed assessment form to your doctor and request a referral. Note that you need to tell the receptionist that you want a referral to see a psychologist as this might warrant a longer appointment. The doctor will need to complete a Mental Health Care Plan. Before you can claim for psychological services, Medicare must receive direct billing from your doctor for completion of the Mental Health Care Plan. This is called the MBS Item No 2710, which triggers payments of subsequent accounts. The doctor then refers you to the Obesity Clinic and you can receive the medicare rebate.

If the doctor wishes, this completed form can serve as a referral, which you can bring with you to the clinic.

Name of Doctor:.....
Address:.....
.....
Telephone: .....
Provider Number:.....
I refer.....to AJZ Outpatient Clinic for treatment of .....
for up to 12 individual services and 12 group services in the calendar year with a review after the initial six individual sessions.
Signature: .....
Date:.....

**Important:** Please remember that this clinic treats obesity and therefore clients need to be overweight to be eligible for the programme.