

AJZ Solutions

27 Florence St, Tweed Heads 2485
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Mood Disorder Clinic (Depression and/or Anxiety).

Are you eligible for a medicare rebate?

In order to receive the medicare rebate you will need a referral from your doctor. As medicare only provides a rebate for a certain number of treatment sessions, it is also important that you have not already claimed medicare for treatment of this disorder by a psychologist. If, however, you 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.

In order to receive a referral from your doctor, you will need to meet certain criteria. Answer the questions below to help you decide whether or not to seek a referral from your doctor. There are three diagnostic categories that will allow you to receive a medicare rebate for treatment at AJZ Solutions. These are:

296.2x Major Depressive Disorder, Single Episodes
296.3x Major Depressive Disorder, Recurrent.
300.02 Generalized Anxiety Disorder

1. **Depression.** In order to be diagnosed with depression (either single or recurrent) consider the following: Have you had at least five of the following symptoms (please tick) for a minimum of 2 weeks that are not associated with a medical condition, bereavement, use of a substance such as medication or a drug of addiction and are not due to delusions or hallucinations:

- Depressed mood most of the day, nearly every day as indicated by your own observations or those of your friends or family.
- Markedly diminished interest or pleasure in all, or almost all, activities most of the day, nearly every day as indicated by your own observations or those of your family or friends.
- Significant weight loss when not dieting or weight gain, or a decrease or increase in appetite nearly every day.
- Sleeping too little or too much.
- Difficulty keeping still or finding it hard to make movements, as observed by yourself or others.
- Feeling tired and lacking energy nearly every day.
- Feeling worthless or excessive and inappropriate guilt nearly every day.
- Difficulty thinking clearly, have trouble concentrating or finding it hard to make decisions nearly every day.
- Recurrent thoughts of death with thoughts of suicide which either include or do not include a plan for committing suicide.

If you have answered yes to five or more of the above AND these symptoms cause you significant distress or impairment in your home and/or work life then you could be diagnosed with Depression. Your doctor will decide whether your diagnosis is Major Depressive Disorder, Single Episode, Major Depressive Disorder, recurrent.

2. **Anxiety.** For a diagnosis of Generalised Anxiety Disorder, consider the following
- Have you had excessive anxiety and worry occurring more days than not for at least 6 months?
 - Do you find it difficult to control this anxiety?
 - Do you have at least three of the following symptoms (Please circle): restlessness or feeling keyed up or on edge; being easily fatigued; having difficulty concentrating or mind going blank; irritability; muscle tension; sleep disturbances.
 - Does your anxiety or worry cause you significant distress or impairment?
 - The anxiety or worry must not be associated with a medical condition, bereavement, use of a substance such as medication or a drug of addiction and not be due to delusions or hallucinations.

If you have answered yes to the first four points and no to the fifth, you could be diagnosed with a Generalised Anxiety Disorder. Your doctor will decide whether your diagnosis is Generalised Anxiety or another kind of anxiety disorder, for example, Panic Disorder, Social Phobia, Obsessive-Compulsive Disorder, Separation Anxiety Disorder, Somatisation Disorder, or Post Traumatic Stress Disorder. If you are diagnosed with an anxiety disorder other than Generalised Anxiety Disorder then you might prefer to seek specific treatment for that disorder from another practice. At AJZ, we work with anxiety in general rather than treat specific anxiety disorders.

If you believe you are eligible for the medicare rebate, please take this form to your doctor and request a referral. Please 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 AJZ Solutions and you can receive the medicare rebate (given that you have not already received the rebate for treatment of the same diagnosis elsewhere).

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

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| 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:..... |