



## TYPE 1 DIABETES FAMILY CENTRE

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### **Chronic Disease Management Plans**

Everyone with type 1 diabetes is entitled to the benefits of a Chronic Disease Management Plan, or CDMP. This plan entitles you to five Medicare subsidised clinic sessions with an allied health care professional (HCP) each calendar year. The Medicare subsidy is \$52.95 per session. Your out of pocket cost will depend on the HCP's private charge.

For example; if the HCP charges \$150 for a 1 hour clinical session you will receive a \$52.95 subsidy from Medicare, making your total out of pocket cost \$97.05. In most circumstances, you will be asked to pay the total cost up front, and your HCP will process the Medicare rebate for you. The rebate will be deposited into your designated account within 2-3 business days.

You can choose the type of HCP, and the particular person you would like to see. There are a number of HCP's included on the CDMP, including diabetes educators and dietitians. You may choose to allocate 3 sessions with a diabetes educator and 2 sessions with a dietitian, over your calendar year.

To access a CDMP, you must make an appointment with your GP. It is a good idea to advise them when booking that you would like to set up a CDMP, as the session may take a little longer. The GP practice may send the CDMP directly to the health professional of your choice, or give it to you to use as you wish. If possible, get a copy of it yourself, as this will make things easier for your HCP when it comes to processing your claim.

### *Private Health Insurance*

Many private health insurance plans cover dietetics services. As a dual dietitian and credentialled diabetes educator, a session with the Family Centre's HCP, Amy Rush, can be claimed back from private health. You will need to speak directly to your health fund to find out if they cover you for dietetics, and the rebate you will receive.