

What are the benefits?

- Better health
- Clearer goals
- Improved self-management
- Access to other professionals
- Better team involvement
- Better follow up

Practice Logo

Ask your GP or Practice Nurse at **PRACTICE NAME** about preparing a GP Management Plan and the services that could help to improve your health.

To make an appointment with your GP or talk to the Practice Nurse please contact us on 8431 5506.

Practice Name

OPEN 7 DAYS

**Phone:
All Hours**

Practice address

Plan for better health with your GP today

GP care planning to assist you in managing your chronic condition



Improving your health with a plan

GP Management Plan

If you have a chronic medical condition, you may be eligible for a GP Management Plan (GPMP). This is a plan developed between you and your GP.

What are the steps involved?

Your GP, with the assistance of the Practice Nurse will collaborate with you to:

- Assess your particular health care needs
- Agree to achievable management goals for better health outcomes
- Identify actions to be taken
- Identify treatment & services that may help
- Develop a plan outlining all of the above
- Arrange ongoing review of goals and management as set out in the plan

Team Care Arrangement (TCA)

Patients on a plan often benefit from a team of health professionals and support services that can be included to manage their complex health needs.

If identified as beneficial for you, the 'team' which will include your GP and at least two other health providers, will aim to help you reach your health goals. This team to be included will be based on discussion with you and your individual health needs.

Examples of health services and providers who could provide ongoing health care/support and be part of your 'team' are:

- Your pharmacist
- Meals on wheels
- District nurse

Some may already be providing care and can be included in the team

Allied Health Professional Referrals

Referral to Allied Health Professionals by the GP may often be identified as beneficial during the preparation of the GPMP. These health professional can become an important part of the 'team' that assists you to reach your health goals.

Medicare rebates are available to assist with up to 5 Allied Health visits each year. This may include visits to an Aboriginal Health Worker, Audiologist, Chiropractor, Diabetes Educator, Dietitian, Exercise Physiologist, Mental Health Worker, Occupational Therapist, Osteopath, Physiotherapist, Podiatrist, Psychologist or Speech Pathologist.

Are there any costs involved?

Most costs for any of the services described are covered by Medicare. However in some cases you may be charged a gap fee. Where possible, your Practice Nurse will provide you with information regarding gap charges