

# LIFESTYLE MODIFICATION PROGRAM REFERRAL PATHWAY

## Medicare Item Claiming Referral Options

Item 701: Brief Health Assessment of less than 30 mins; **OR**

Item 703: Standard Health Assessment of 30-44 mins; **OR**

Item 705: Long Health Assessment of 45-59 mins; **OR**

Item 707: Prolonged Health Assessment 60+ mins; **OR**

Item 715: Aboriginal and Torres Strait Islander Health Assessment

## Utilise Australian Type 2 Diabetes Risk Assessment Tool – AUSDRISK

**Low Risk**  
(score 5 or less on AUSDRISK)  
**OR**  
**Moderate Risk**  
(score 6-11 on AUSDRISK) **of Diabetes**

**High Risk of Diabetes** (score 12+ on AUSDRISK) **and....**  
✓ **Aged 39 or under or 50+ yrs** for general population or **55+ yrs** for Aboriginal and Torres Strait Islanders  
✓ Provided consent to participate in LMP

**High Risk of Diabetes** (score 12+ on AUSDRISK) **and....**  
✓ **Aged 40-49 yrs** for general population or **15-54 yrs** for Aboriginal and Torres Strait Islanders  
✓ Has not attended a subsidised lifestyle modification program (LMP) previously  
✓ Has had existing diabetes excluded  
✓ Other chronic diseases ok  
✓ Provided consent to participate in LMP

**Diabetes Detected**

**Usual Care**  
Including use of Lifescripts suite of resources  
[www.health.gov.au/lifescrpts](http://www.health.gov.au/lifescrpts)

**AND/OR**

**Referral to Non-Subsidised Lifestyle Modification Program**  
Consider a referral to a suitable accredited LMP. Patient will be required to cover the cost to participate.

### Referral to Subsidised Lifestyle Modification Program

- Select suitable LMP from list of accredited LMP providers (contact local Division of General Practice or see National LMP Service Directory <http://www.agpn.com.au/programs/prevention-of-type-2-diabetes-program/national-lmp-facilitator-service-directory>)
- Complete LMP GP Referral Form
- Send GP Referral Form to LMP provider

### Usual Care

- For example:
- GPMP Item 721
  - TCA Item 723
  - Diabetes Cycle of Care

See Type 2 Diabetes Standard Care Pathway  
[www.t2d.com.au](http://www.t2d.com.au)

## Further information about subsidised Lifestyle Modification Programs

### Government subsidy and cost to client

#### Government Subsidy for accredited LMP Providers

- \$239.80 (inc. GST) government subsidy
- Payment will be made to LMP providers on submission of an invoice and minimum data set at the following points:
  - \$77 (inc. GST) upon patient enrolment (and up to \$50 patient co-contribution\*)
  - \$121(inc. GST) upon patient completion of intensive phase
  - \$41.80 (inc. GST) upon program completion

#### Cost to client

- Pensioner concession card/health care card holders:** free (LMP providers receive an additional government subsidy of \$50 for all concession/health care card holders)
- Non-concession card/health care card holders:** provider may choose to charge up to \$50 co-payment

### Program content (as per National standards)

- Risks of diabetes and their relationship to lifestyle risk factors
- Importance of regular diabetes screening
- Nutrition advice and education
- Physical activity advice
- Behavioural strategies to support the adoption and maintenance of lifestyle change
- Smoking cessation and alcohol reduction advice if required
- Information about community resources relevant to sustaining lifestyle change

### Program mode of delivery

- Face to face delivery
- Individual or group sessions with groups no larger than 15 participants
- Minimum of 8 hours of contact time
- Initial intensive phase of at least 4 months duration
- End program follow up session at least 6 months after commencement of the program