

LIFESTYLE MODIFICATION PROGRAM (LMP) 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

GPs are required to undertake one of the following health assessments under these items to refer eligible patients to a subsidised accredited LMP:

- 45-year old health assessment
- Type 2 diabetes risk evaluation
- Aboriginal and Torres Strait Islander Adult Health Assessment

Utilise Australian Type 2 Diabetes Risk Assessment Tool – AUSDRISK

<http://www.health.gov.au/preventionoftype2diabetes>

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 Lifescrpts suite of resources
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

1. 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>)
2. Complete LMP GP Referral Form
3. 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

Further information about subsidised Lifestyle Modification Programs

Government subsidy and cost to client

Government Subsidy for accredited LMP Providers

- \$244.20 (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
 - \$46.20 (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