



More Information about Medicare Rebates

In Australia, it is possible to get some financial assistance from the government (**Medicare**) when seeing a fully registered psychologist (like the ones who work for Condor Performance). However, three stipulations exist in order to access rebates and these have been outlined for you below.

Stipulation 1: The client needs a referral and a valid (recent) **Mental Health Care Plan** from his / her General Practitioner (GP). You have the option of nominating your preferred psychologist or asking your GP for recommendations. If you nominate one of our psychologists then their full name needs to be on the referral not "Condor Performance". This initial Mental Health Care Plan is valid for six sessions with your psychologist but you can apply for an additional four more through a follow up consultation with your GP (maximum 10 sessions per calendar year).

*Due to the high volume of people who contact us by completing one of our **Mental Toughness Questionnaires** - which automatically screens for mental health issues - you have the option of taking a print out of the final table of the MTQ results (The DASS - Depression, Anxiety and Stress Scales) with you to your appointment with your GP to assist with the process.*

Stipulation 2: If you're based in an urban area then all the sessions will need to take place face-to-face (and not via videoconference - also known as tele-health or eHealth). If you live in a rural, remote or very remote part of Australia then you can have your sessions via videoconference.

*The **Doctor Connect** website contains a searchable online map that can be used to check whether you are considered to be located in a rural, remote or very remote part of Australia. Go to the **Doctor Connect website** and then enter your exact address in the right hand search box and select "Modified Monash Model (2015)" as the filter. If your residence is showing as MM1, 2 or 3 then you are not eligible to see a psychologist via Skype or equivalent. If the residence is showing as MM4, 5, 6 or 7 then you are eligible to see a psychologist via videoconference.*

Stipulation 3: As you may or may not be aware at **Condor Performance** we normally use a monthly approach to psychological assistance which is very different from the session-by-session model used by most psychologists (see <https://condorperformance.com/answers/> for more details). As the Medicare rebate system was created for the majority of psychologists who typically see clients for standard 60 minute sessions then our **Mental Health Care Plan** clients need to also use the session-by-session approach instead of one of our six monthly options.

In simple terms this means there will be no Kick Start Session (a free 30 minute session at the start of month one) and all sessions will cost \$246.00 for a 60 minute consult. This amount needs to be paid in full to **Condor Performance** ahead of each session. Afterwards, a rebate (refund) of \$84.80 can be claimed per session when taking the receipt from us to Medicare. This means that the "out of pocket" cost to see one of our psychologists via the above stipulations is \$161.20 an hour.