



Upstream health

Video consultations for psychology

Information for clients

248 Grote Street, Adelaide SA 5000

Telephone: 08 8125 4830 Fax: 08 7223 2038

Email: admin@upstreamhealthsa.com.au

Website: upstreamhealthsa.com.au

We are pleased to offer psychology sessions with Upstream health making use of the new Medicare rebates available for sessions via video conference.

Upstream health is a practice in Grote Street Adelaide which emphasises the importance of proactive as well as reactive health care. See our website www.upstreamhealthsa.com.au for more information.

With a Mental Health Care Plan (MHCP) prepared by your GP you are entitled to access the Medicare rebate for up to 10 psychology sessions per calendar year. With the new Medicare arrangement, up to 7 of these sessions can be accessed through video conferencing.

Cost of the sessions is \$185 with \$124.50 being rebated by Medicare. Payment can be made by direct debit with the Medicare rebate being done electronically on the day of your consult.

We ask that people attend the first, sixth and tenth psychology sessions in person in Adelaide. We can then set up a plan to conduct future sessions through video conferencing delivered through Skype or FaceTime. Arrangements for these sessions will be clarified with you at your first visit.

Appointment bookings can be made via phone on (08) 8125 4830, fax (08)7223 2038 or online via our website www.upstreamhealthsa.com.au. A valid copy of the MHCP needs to be received prior to the patient's first appointment.

Please feel free to email us on admin@upstreamhealthsa.com.au or phone us if you would like any further information or clarification. We look forward to working with you.





Upstream health

Video consultations for psychology provided by Upstream health

Information for GPs

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As you are aware, the eligibility of Medicare sessions has been extended to include video consultations for psychology in rural and remote areas. With a current MHCP, patients can access up to seven of the ten Medicare sessions via video conference.

We are offering patients the opportunity to access this service through Upstream health. It is anticipated that patients would attend the first session in person, access some of the remaining sessions through video link and attend for review at the 6th and 10th session.

Cost of the service is \$185 per session with a Medicare rebate of \$124.50. We understand that this gap is challenging for some patients and are willing to negotiate a lower gap for committed patients.

Arrangements for payments and rebates and for accessing the telehealth appointments will be clarified with patients on their first visit. It is anticipated that most clients would be able to access video conferencing through Skype or FaceTime from their own home.

Referral for the service via phone on (08) 8125 4830, fax (08)7223 2038; bookings for a session can also be made online via our website www.upstreamhealthsa.com.au. A valid copy of the MHCP needs to be received prior to the patient's first appointment.

Please contact us if you have any queries relating to this service. We can be contacted via phone (08) 8125 4830, email admin@upstreamhealthsa.com.au / karen@upstreamhealthsa.com.au.

We look forward to working with you to extend psychology services to patients.

