



# Information Sheet

## GP Management Plans (GPMP) Team Care Arrangements (TCA)

### What is a GPMP

GPMP's involve your Doctor developing a written plan of management in consultation with you. These plans are written to help you manage your chronic & complex condition/s. They will give you & your GP a better understanding of your care needs.

### Who is eligible for a GPMP?

Only people with a chronic or terminal medical condition that is present, or likely to be present for at least 6 months. For example Diabetes, Asthma, Arthritis, Cancer, or Heart Disease. The doctor is the only person who can decide if you are eligible for a GPMP or TCA.

### What is a TCA?

With your GPMP developed; your doctor may feel you would benefit from the input of other Health Care Providers. Your doctor may recommend a TCA. A TCA involves at least two other health care professionals who will provide ongoing services. You, your doctor & the other health care professionals will work together as a team to develop a plan based on your care requirements.

### Other private health care professionals who may be part of your TCA

Your doctor can nominate the following providers:-

Aboriginal Health Worker	Mental Health Worker
Audiologist	Occupational Therapist
Chiropractor	Osteopath
Chiropodist	Physiotherapist
Diabetes Educator	Dietitian
Podiatrist	Psychologist
Exercise Physiologist	Speech Pathologist

### How often should GPMA or TCA be done?

Both GPMP's & TCA's can be prepared once a year, however it is recommended once every two years with a review to take place approximately every six months.

### Medicare Rebates

People with GPMP's or TCA's are eligible for five (5) Medicare rebates per year for services provided by "private health care professionals". For example, you can use all five of your rebates with one health care professional or you can split them between a few different health care professionals.

### Appointment costs

Health care services, under a TCA's are not free; however a rebate from Medicare applies. Please contact your health care professional to find out if there is a gap payable by you.