

Eating Disorder Treatment & Management Plan (EDMP)

Quick Reference Guide | Exhale Psychology Centre

Key Rules to Remember

- 1 EDMP runs by both calendar year AND 12 months from start date. Max 40 psych + 20 dietetic rebates per year.
- 2 A new EDMP cannot be commenced while an existing EDMP is still active.
- 3 A new MHCP cannot be commenced while an existing EDMP is still active. Patients under an EDMP wanting to switch to a MHCP or Psychiatrist Assessment Management Plan (PAMP) must wait until the EDMP 12-month period expires.
- 4 EDMP start date = date GP/Psychiatrist sees the patient and uses the billing code (not the letter date).
- 5 The GP/Psychiatrist has 10 days from the appointment to write and send the EDMP to the treating provider (ideally dated to the date of the appointment).
- 6 All 20 dietetic sessions are accessible from the initial EDMP (no reviews required for dietetic sessions).
- 7 Referrals must specify the number of sessions allocated to each provider type.
- 8 Patients can transition from MHCP/PAMP to EDMP (max 30 EDMP rebates if 10 MHCP/PAMP sessions used; 40 total/year). The remaining 10 can be used the following calendar year.

EDMP Referral Validity Checklist

- Used correct EDMP item code
- Diagnosis
- Dated
- Signed
- Specifies number of sessions (10 for psychology – both initial and reviews, 20 for dietetics – needed for initial only)

All of the above are needed for the referral to be valid.



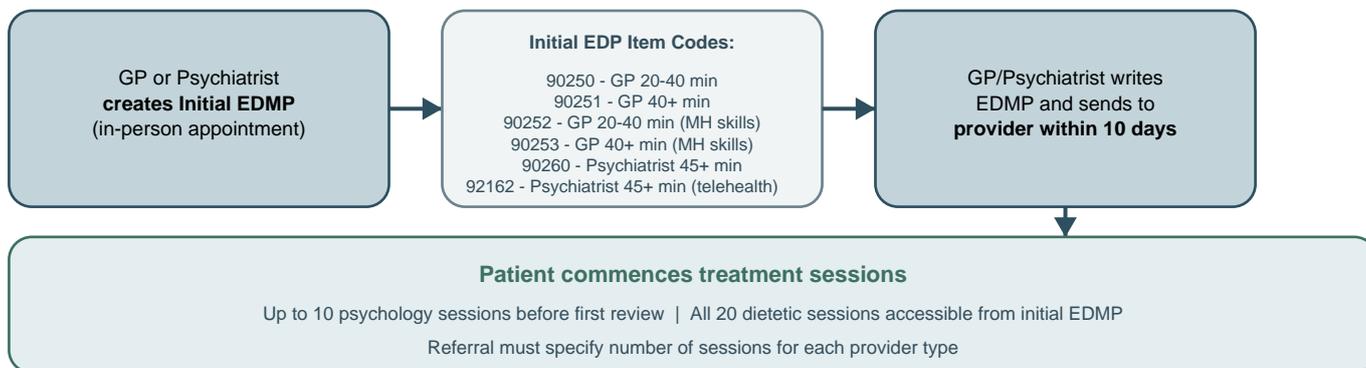


Eating Disorder Treatment & Management Plan (EDTMP)

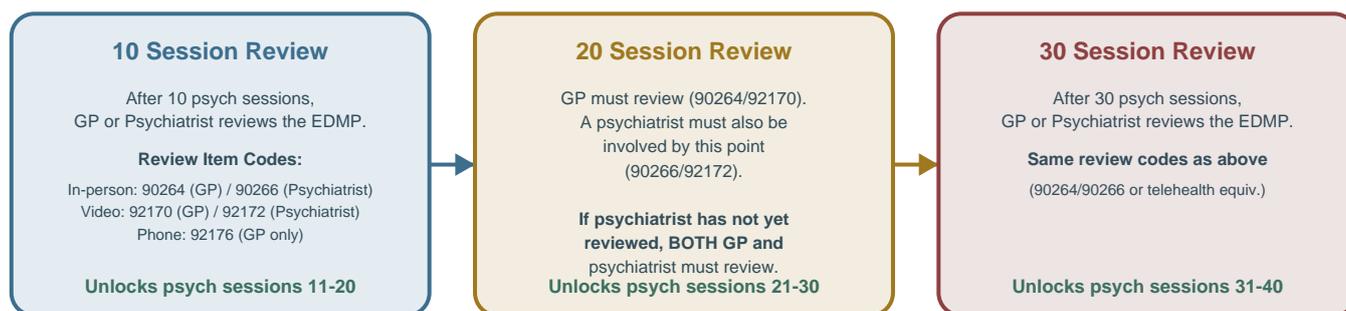
Flowchart: Individual services over a 12-month plan period

Up to 40 psychology sessions + 20 dietetic sessions per calendar year within the 12-month plan

Phase 1: Initial EDMP



Phase 2: Reviews (psychology sessions only - dietetic sessions do not require reviews)



Phase 3: Plan Expiry & What Comes Next



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- Referrals must specify the number of sessions allocated to each provider type.
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EDTMP: Session Limits & Review Requirements

Session Allocation per 12-Month Plan

Review Stage	Psychology	Dietetic	Who Can Review?
Initial EDMP	Sessions 1-10	All 20 sessions accessible	GP or Psychiatrist
10 Session Review	Sessions 11-20	No review needed for dietetic	GP or Psychiatrist
20 Session Review	Sessions 21-30	No review needed for dietetic	GP required + Psychiatrist must be involved (both if not yet)
30 Session Review	Sessions 31-40	No review needed for dietetic	GP or Psychiatrist

Important: Referrals must specify the number of sessions allocated to each provider type (psychology and/or dietetics). All 20 dietetic sessions are available from the initial EDMP without requiring separate reviews.

EDP Review Item Codes (Face-to-Face & Telehealth)

Reviewer	In-Person	Video	Phone	Notes
GP	90264	92170	92176	All reviews
OMP (MH trained)	90265	92171	92177	All reviews
Psychiatrist	90266	92172	—	Required by 20 sessions
Paediatrician	90267	92173	—	Alternative to psychiatrist

Calendar Year vs. 12-Month Plan Period

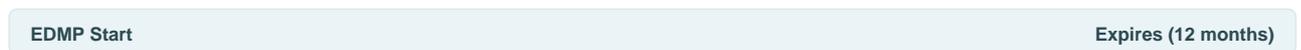
Calendar Year (Jan 1 - Dec 31):

Max 40 psychology + 20 dietetic rebates reset each calendar year



12-Month Plan Period:

EDMP runs for exactly 12 months from the date the initial plan was billed



Both limits apply simultaneously. Sessions must fall within the 12-month plan AND the calendar year cap.

MHCP = Mental Health Care Plan (GP-created) | PAMP = Psychiatrist Assessment and Management Plan (psychiatrist-created equivalent)

MHCP/PAMP / EDMP Transition Rules

MHCP/PAMP -> EDMP (Allowed)

Patient can transition from MHCP/PAMP to EDMP.
If 10 MHCP/PAMP sessions already used, only 30 EDMP rebates remain (40 total per calendar year).
The remaining 10 can be used next calendar year.

VS

EDMP -> MHCP/PAMP (Restricted)

Patient must wait 12 months from the EDMP start date before a MHCP/PAMP can be commenced or reviewed.
Other comorbidities should be managed under the EDMP during this period.

EDMP — Common Scenarios & FAQs

Exhale Psychology Centre

Plan Expiry & Reviews

Q: A client's EDMP was initiated on 3 March 2024. They had a 10-session review that same year, then a 20-session review in late February 2025 — but the plan expired after only one more session. What went wrong?

This is a common timing error. The EDMP expires 12 months from the start date (2 March 2025), regardless of when the review occurs. Getting a review just before expiry means the client gains very few additional sessions before needing a new plan. In these cases it is usually more practical for the client to privately fund or cancel the unfunded sessions, then have a new EDMP written on or after 3 March 2025.

Psychiatrist Involvement

Q: A psychiatrist created the initial EDMP and conducted the 10-session review. Is a psychiatrist also needed at the 20-session review?

No. Because a psychiatrist has already been involved (initiation or prior review), only a GP review is required at the 20-session mark. The rule is simply that a psychiatrist must be involved at least once before session 21.

Psychiatrist Involvement

Q: A GP created the initial EDMP and conducted the 10-session review. Can a psychiatrist do the 20-session review instead of the GP?

Both are needed. A psychiatrist must be involved to unlock sessions beyond 20, and a GP must always be involved at the 20-session review. So both a psychiatrist review and a GP review are required at this stage.

MHCP & EDMP Overlap

Q: A client's EDMP was initiated on 5 April 2024. They've used their 10 sessions and no longer meet eating disorder criteria. It's now January 2025 — can they get a new MHCP?

No. A new MHCP cannot commence while an EDMP is still active. The client must wait until the EDMP expires on 4 April 2025. Note: co-morbidities should be treated under the EDMP, so if significant co-morbid conditions exist, an EDMP review may be appropriate to continue treatment until expiry, after which a new MHCP can be commenced.

MHCP & EDMP Overlap

Q: Can a patient use an MHCP and an EDMP at the same time?

No. Medicare states concurrent use should only occur in exceptional circumstances (which are not defined). In practice, once an EDMP is activated the patient is under the EDMP, not the MHCP. Co-occurring issues should be treated under the EDMP.

Billing Codes

Q: A client needed an initial EDMP but was billed using a review item code. Will they still be able to access their rebates?

No. A review code cannot substitute for an initial code, and vice versa. The correct EDMP billing codes must be used at each stage for Medicare to recognise the plan.

Billing Codes

Q: A GP or psychiatrist conducted a 20-session review but used a general appointment code instead of the EDMP review item code. Is this acceptable?

No. For Medicare to recognise it as a valid EDMP review, the correct EDMP review item code must be used. A general appointment code is not sufficient.

Provider Flexibility

Q: Can a client see two different psychologists under the same EDMP?

It is not recommended, but yes — it is permitted.

Provider Flexibility

Q: My regular GP is away. Can another GP review the EDMP?

While not ideal, yes. While patients are meant to see their primary GP for EDMP appointments, another GP can step in when needed.

Provider Flexibility

Q: My referral names one psychologist (or dietitian) but I'd like to see a different one. Is that allowed?

Yes. The referral can be used to see a different provider of the same type.

