Eating Disorder Treatment & Management Plan (EDTMP)

Quick Reference Guide | Exhale Psychology Centre | Updated October 2026

Key Rules to Remember

1. The EDTMP runs for 12 months from the plan date. It covers up to 40 psychology and 20 dietetic sessions in that time.
2. A new EDTMP can't be claimed while an existing EDTMP is still active (within 12 months of the last one).
3. Once an EDTMP is claimed, a GP shouldn't prepare or review an MHTP within 12 months unless there are exceptional circumstances - described as a significant change in the patient's clinical condition or care circumstances, at the GP's judgement.
4. EDTMP start date = the date of the appointment where the plan is prepared and billed. The letter may be dated later, so it should state the billing date.
5. Psychiatrists and paediatricians must give the referring GP a written copy of the plan within 2 weeks of the assessment. The MBS sets no fixed timeframe for GPs.
6. All 20 dietetic sessions are accessible from the initial EDTMP (no reviews required for dietetic sessions).
7. Referrals must specify the number of sessions for each provider type (up to 10 psychology sessions per referral; up to 20 dietetic sessions).
8. Before session 21, the patient needs a GP review and a separate psychiatrist or paediatrician review as they approach session 20. A psychiatrist's earlier plan or 10-session review doesn't count.
9. MHTP sessions used before the EDTMP starts don't count towards the 40. MHTP sessions used after it starts do count, and having both plans never increases the total.

EDTMP Referral Validity Checklist

- [x] A current EDTMP is in place, billed with an initial plan item code
- [x] Signed by the referring practitioner
- [x] Dated
- [x] States the service type needed (psychology and/or dietetics)
- [x] Specifies number of sessions (up to 10 for psychology - both initial and after each review; up to 20 for dietetics - usually all in the initial referral)

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

Also ask that the letter states the date the EDTMP was billed, since the letter itself may be dated later.

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Eating Disorder Treatment & Management Plan (EDTMP)

Flowchart: Individual services over a 12-month plan period

Up to 40 psychology sessions + 20 dietetic sessions within the 12-month plan period

Phase 1: Initial EDTMP

GP, Psychiatrist or Paediatrician **creates Initial EDTMP** (in person or by video)

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Initial EDTMP Item Codes:

90250 - GP 20-40 min
90251 - GP 40+ min
90252 - GP 20-40 min (MH skills)
90253 - GP 40+ min (MH skills)
90254-90257 - Other medical practitioner
90260 - Psychiatrist 45+ min
90261 - Paediatrician 45+ min
Video: 92146-92153 (GP/OMP), 92162, 92163

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Plan shared with treating providers **Psychiatrist/paediatrician: written plan to GP within 2 weeks**

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Patient commences treatment sessions

Up to 10 psychology sessions before first review | All 20 dietetic sessions accessible from initial EDTMP
Referral must specify number of sessions for each provider type

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

10 Session Review

After 10 psych sessions, the managing practitioner (usually the GP) reviews the EDTMP.

Review Item Codes:

In-person: 90264 (GP) / 90266 (Psychiatrist)
Video: 92170 (GP) / 92172 (Psychiatrist)
Phone: 92176 (GP) / 92441 (Psychiatrist)

Unlocks psych sessions 11-20

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20 Session Review

GP must review (90264/92170/92176). A psychiatrist or paediatrician must also review (90266/90267 or telehealth equiv.).

Both reviews happen as the patient approaches session 20. An earlier psychiatrist plan or review doesn't count.

Unlocks psych sessions 21-30

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30 Session Review

After 30 psych sessions, the managing practitioner (usually the GP) reviews the EDTMP.

Same review codes as above
(90264 or telehealth equiv.)

Unlocks psych sessions 31-40

Phase 3: Plan Expiry & What Comes Next

EDTMP expires 12 months from start date

A new EDTMP can't be claimed during the 12-month period. Expiry is based on the plan date, not the review date.

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New EDTMP
GP, psychiatrist or paediatrician creates a new Initial EDTMP (eligible after 12 months)

OR

Mental Health Treatment Plan
GP prepares an MHTP instead (after the EDTMP expires, or earlier only in exceptional circumstances)

Key Rules to Remember

1. The EDTMP runs for 12 months from the plan date: up to 40 psychology + 20 dietetic sessions within that period.
2. A new EDTMP can't be claimed while an existing EDTMP is still active.
3. A GP shouldn't prepare or review an MHTP within 12 months of an EDTMP unless there are exceptional circumstances (GP's judgement).
4. EDTMP start date = date of the appointment where the plan is prepared and billed. The letter may be dated later, so it should state the billing date.
5. Psychiatrists and paediatricians must send the written plan to the GP within 2 weeks. No fixed MBS timeframe applies to GPs.
6. All 20 dietetic sessions are accessible from the initial EDTMP (no reviews required for dietetic sessions).
7. Referrals must specify the number of sessions for each provider type (up to 10 psychology per referral).
8. As the patient approaches session 20, they need a GP review and a separate psychiatrist or paediatrician review. Earlier reviews don't count.
9. MHTP sessions used before the EDTMP starts don't count towards the 40; any used after it starts do.

Disclaimer: This document represents Exhale Psychology Centre's best understanding of MBS billing rules for eating disorder plans and is intended as a guide only. It does not constitute official Medicare or legal advice.
Clinicians are responsible for verifying all billing requirements directly via the MBS Online website (mbsonline.gov.au) and Services Australia. Rules may change without notice. Checked against MBS notes AN.36.1-AN.36.5 and AskMBS written advice, October 2026.

EDTMP: Session Limits & Review Requirements

Session Allocation per 12-Month Plan

Stage	Psychology	Dietetic	Who Prepares / Reviews?
Initial EDTMP	Sessions 1-10	All 20 sessions accessible	GP, psychiatrist or paediatrician
10 Session Review	Sessions 11-20	No review needed for dietetic	Managing practitioner (usually the GP)
20 Session Review	Sessions 21-30	No review needed for dietetic	GP review + separate psychiatrist or paediatrician review
30 Session Review	Sessions 31-40	No review needed for dietetic	Managing practitioner (usually the GP)

Important: Referrals must specify the number of sessions for each provider type (up to 10 psychology per referral; up to 20 dietetics). All 20 dietetic sessions are available from the initial EDTMP without requiring separate reviews.

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

Reviewer	In-Person	Video	Phone	Notes
GP	90264	92170	92176	All reviews
Other medical practitioner	90265	92171	92177	All reviews
Psychiatrist	90266	92172	92441	Specialist review before session 21
Paediatrician	90267	92173	92442	Alternative to psychiatrist

EDTMP 12-Month Period vs. MHTP Calendar Year

EDTMP - 12-month plan period:

Up to 40 psychology + 20 dietetic sessions, counted from the date the initial plan was billed

EDTMP Start — **Up to 40 psych + 20 dietetic** — **Expires (12 months)**

MHTP (Better Access) - calendar year (Jan 1 - Dec 31):

Up to 10 individual + 10 group sessions, reset each calendar year

Jan 1 — **Up to 10 individual + 10 group** — **Dec 31**

MHTP sessions used before the EDTMP starts don't count towards the 40. Any used after it starts do count, and having both plans never increases the total number of sessions.

MHTP / EDTMP Transition Rules

MHTP -> EDTMP (Allowed)

A patient with an MHTP can move to an EDTMP if they're eligible. MHTP sessions used before the EDTMP starts don't count towards the 40.

VS

EDTMP -> MHTP (Restricted)

Once an EDTMP is claimed, a GP shouldn't prepare or review an MHTP within 12 months, unless there are exceptional circumstances. Co-occurring conditions should generally be managed under the EDTMP.

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EDTMP - Common Scenarios & FAQs

Exhale Psychology Centre

Plan Expiry & Reviews

Q: A client's EDTMP was initiated on 3 March 2025. They had a 10-session review that same year, then a 20-session review in late February 2026 - but the plan expired after only one more session. What went wrong?

This is a common timing error. The EDTMP expires 12 months from the start date (2 March 2026), 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 EDTMP written on or after 3 March 2026.

Psychiatrist Involvement

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

Yes. Each review only counts for the course of treatment it follows, so the psychiatrist's plan and 10-session review can't be carried forward. As the patient approaches session 20, they need a GP review and a separate psychiatrist or paediatrician review. The psychiatrist review is a referred service, so the patient needs a current referral. AskMBS confirmed this in writing in October 2026.

Psychiatrist Involvement

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

No - both are needed. Before session 21, the patient needs a GP review and a separate psychiatrist or paediatrician review.

MHTP & EDTMP Overlap

Q: A client's EDTMP was initiated on 5 April 2025. They've used their 10 sessions and no longer meet eating disorder criteria. It's now January 2026 - can they get a new MHTP?

Possibly, but only if the GP judges that exceptional circumstances apply. The Department of Health describes these as a significant change in the patient's clinical condition or care circumstances. Otherwise the client waits until the EDTMP expires on 4 April 2026. In the meantime, MBS notes say co-occurring conditions should generally be managed under the EDTMP, so an EDTMP review may be appropriate to continue treatment until expiry.

MHTP & EDTMP Overlap

Q: Can a patient have an MHTP and an EDTMP at the same time?

Generally no, but it is possible in exceptional circumstances. The Department of Health describes these as a significant change in clinical condition or care circumstances, including co-occurring conditions that need Better Access services, and leaves the decision to the GP's clinical judgement. Each plan then needs its own reviews, and MHTP sessions used after the EDTMP starts count towards the 40.

Billing Codes

Q: A client needed an initial EDTMP 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 EDTMP 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 EDTMP review item code. Is this acceptable?

No. For Medicare to recognise it as a valid EDTMP review, the correct EDTMP 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 EDTMP?

It isn't usually recommended, but yes - it is permitted. A referral stays valid for the approved number of sessions even if the patient changes provider.

Provider Flexibility

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

Yes. MBS notes allow the review to be done by the GP who prepared the plan, another practitioner in the same practice, or a practitioner at a new practice if the patient has changed practices.

Provider Flexibility

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

Yes. Services Australia states a referral is valid for the approved number of services, even if the patient changes health professionals.

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