



GP Chronic Condition Management Plan Fact Sheet

Your GP believes you might benefit from a GP Chronic Condition Management Plan (GPCCMP). This fact sheet explains the main points of the plan.

What's a GPCCMP?

It's a tailored medical plan to help you better manage your long-term health condition.

A GPCCMP is designed in collaboration between your GP and sometimes a practice nurse, so that you benefit from consistent, informed care that takes your medical history into account.

A typical GPCCMP will:

- Clearly outline your ongoing healthcare needs
- Identify your key medical issues and current treatments
- Set out recommended steps or strategies to improve your condition

How much does it cost?

If you sign up to MyMedicare with Doctors of South Melbourne, the plans and plan reviews are more affordable than a standard consult.

We offer a 20% discount on the usual out-of-pocket fee.

Am I eligible for a GPCCMP?

You may be eligible for a GPCCMP if:

- You have a chronic medical condition that has lasted, or is expected to last, six months or more.

- It's been over 12 months since your previous GPCCMP was started, in accordance with Medicare guidelines.
- If you're registered with a MyMedicare clinic, your care plans must be managed through that clinic. You can change your MyMedicare clinic at any time.

What do I need to do as part of the plan?

You'll need to attend regular, scheduled check-ups with your GP and/or practice nurse.

These documented visits help monitor and manage your condition, supporting better long-term health outcomes.

Agreeing on treatment goals

Together with your GP and nurse, you'll set personalised health goals tailored to your needs. We'll then work with you to create a plan to help you achieve them.

Common goals include increasing physical activity, reducing medication intake, or improving overall quality of life.

Regular visits with your GP and nurse provide the chance to review and adjust your goals, keeping them relevant and helping you stay motivated.

What are the benefits of a GPCCMP?

You'll receive a coordinated treatment plan tailored to your condition, offering a structured approach that many patients find reassuring.

The plan includes a documented summary of your health conditions, current medications, and healthcare providers involved in your care.

With your consent, we'll share this summary with your care team, ensuring everyone works together to support your health in a coordinated and informed manner.

What's more, you'll get Medicare rebates for up to five visits to the allied health providers in your team. This will make these visits cheaper.

How do I get started?

Talk with your GP about whether you meet eligibility criteria for a GPCCMP and if it's right for you.

Frequency of Visits

With the help of your GP, you can decide on the best timeframe to review your GPCCMP.

Aligned with Medicare's billing rules, we cannot review your GPCCMP less than 3-monthly.

Practice Nurse

Having a GPCCMP with one of the GPs at the clinic gives you the opportunity for a bulk billed 30-minute preventative health appointment with one of our practice nurses.

During this visit, the nurse will review your immunisation status and identify any recommended preventative health screenings.

For example, they'll ensure your tetanus vaccinations are current and check whether you're due for a bone density screening.

Case Study

Narelle, 56, has type 2 diabetes.

After years of good control, her weight has risen significantly over six months (BMI 31). Her GP discusses the benefits of a GPCCMP and initiates the plan.

Key issues: Type 2 diabetes needing better control, obesity, and increased cardiovascular risk.

Goals: Weight loss and improved blood sugar without medication.

Her GP refers her to a diabetes educator and a local dietitian.

At her three-month review, Narelle has started exercising, improved her diet, and lost some weight. Her goals are updated to include building endurance for a hiking holiday.

By six months, she's lost more weight, her blood sugars have improved, and she's able to fully enjoy her trip.

She's avoided medication and feels confident about managing her health.