

For Health Professionals: MBS Eating Disorder Items

The New Items for Eating Disorders Services

From 1st November 2019, a suite of 64 new MBS items were introduced to support a model of best practice, evidence-based care for eating disorders.

People living with an eating disorder will be able to get a Medicare rebate for up to 40 psychological sessions and 20 dietetic sessions in a 12-month period under an Eating Disorder Plan (EDP). When the EDP expires after 12 months, the client will require a new EDP to continue to access eating disorder treatment.

Previously, people with eating disorders (and all other mental health disorders) have had access to just 10 rebated psychological sessions.

It is expected that there will be a multidisciplinary approach to patient management through these items.

What the Items Cover

The item structure provides Medicare rebates for:

- The development and review of Eating Disorder treatment and management plans
- Courses of evidence-based eating disorder psychological and dietetic treatment services
- A review by a psychiatrist or paediatrician

Who can Provide Services?

These items are relevant for medical practitioners in general practice, consultant psychiatrists or consultant paediatricians, and eligible psychologists and clinical psychologists, occupational therapists, social workers, and dietitians.

It is expected that practitioners providing services under these items should have appropriate skills, knowledge, and experience to provide eating disorders treatment.

Who is Eligible?

There are two groups of eligible patients:

1. Patients with a clinical diagnosis of Anorexia Nervosa; or
2. Patients who meet the eligibility criteria (below), and have a clinical diagnosis of any of the following conditions:
 - i) Bulimia Nervosa
 - ii) Binge-Eating Disorder
 - iii) Other Specified Feeding or Eating Disorder (OSFED)

The eligibility criteria for a patient is:

- a) A person who has been assessed as having an Eating Disorder Examination Questionnaire score of 3 or more; and
- b) The condition is characterised by rapid weight loss, or frequent binge eating or inappropriate compensatory behaviour as manifested by 3 or more occurrences per week; and
- c) A person who has at least two of the following indicators:

- i) Clinically underweight with a body weight less than 85% of expected weight where weight loss is directly attributable to the eating disorder
- ii) Current or high risk of medical complications due to eating disorder behaviours and symptoms
- iii) Serious comorbid medical or psychological conditions significantly impacting on medical or psychological health status with impacts on function
- iv) The person has been admitted to a hospital for an eating disorder in the previous 12 months
- v) Inadequate treatment response to evidence-based eating disorder treatment over the past six months despite active and consistent participation

Specific Item Numbers

Preparation of Eating Disorders Treatment and Management Plans

10 items for General Practitioners (GP), Other Medical Practitioners (OMP), Consultant Psychiatrists and Paediatricians:

Item number	Task	Location	Time	Provider	Benefit
90250	EDP preparation	Not specified	20 - 40 minutes	GP without MH training	100% = \$75.80
90251	EDP preparation	Not specified	At least 40 minutes	GP without MH training	100% = \$111.60
90252	EDP preparation	Not specified	20 - 40 minutes	GP with MH training	100% = \$96.25
90253	EDP preparation	Not specified	At least 40 minutes	GP with MH training	100% = \$141.80
90254	EDP preparation	Not specified	20 - 40 minutes	OMP without MH Training	100% = \$60.65
90255	EDP preparation	Not specified	At least 40 minutes	OMP without MH Training	100% = \$89.30
90256	EDP preparation	Not specified	20 - 40 minutes	OMP with MH Training	100% = \$77
90257	EDP preparation	Not specified	At least 40 minutes	OMP with MH Training	100% = \$113.45
90260	EDP preparation	Consulting rooms	At least 45 minutes	Consultant Psychiatrist	85% = \$412.85
90261	EDP preparation	Consulting rooms	At least 45 minutes	Consultant Paediatrician	85% = \$240.75

Review of Eating Disorders Treatment and Management Plans

4 items for General Practitioners (GP), Other Medical Practitioners (OMP), Consultant Psychiatrists and Paediatricians:

Item number	Task	Location	Time	Provider	Benefit
90264	EDP review	Not specified	Not specified	General Practitioner	100% = \$75.80
90265	EDP review	Not specified	Not specified	Medical Practitioner	100% = \$60.65
90266	EDP review	Consulting rooms	At least 30 minutes	Consultant Psychiatrist	85% = \$258.15
90267	EDP review	Consulting rooms	At least 20 minutes	Consultant Paediatrician	85% = \$120.55

Provision of Psychological Treatment Services

12 items for General Practitioners (GP), Other Medical Practitioners (OMP), Consultant Psychiatrists and Paediatricians:

Item number	Task	Location	Time	Provider	Benefit
90271	EDP treatment	Consulting rooms	30 - 40 minutes	General Practitioner	100% = \$98.05
90272	EDP treatment	A place other than consulting room	30 - 40 minutes	General Practitioner	90271 + \$27.45*
90273	EDP treatment	Consulting rooms	At least 40 minutes	General Practitioner	100% = \$140.30
90274	EDP treatment	A place other than consulting room	At least 40 minutes	General Practitioner	90273 + \$27.45*
90275	EDP treatment	Consulting rooms	30 - 40 minutes	Other Medical Practitioner	100% = \$78.45
90276	EDP treatment	A place other than consulting room	30 - 40 minutes	Other Medical Practitioner	90275 + \$21.95**
90277	EDP treatment	Consulting rooms	At least 40 minutes	Other Medical Practitioner	100% = \$112.25
90278	EDP treatment	A place other than consulting room	At least 40 minutes	Other Medical Practitioner	90277 + \$21.95**
90279	EDP treatment	Video conference	30 - 40 minutes	General Practitioner	100% = \$98.05
90280	EDP treatment	Video conference	At least 40 minutes	General Practitioner	100% = \$140.30
90281	EDP treatment	Video conference	30 - 40 minutes	Other Medical Practitioner	100% = \$78.45
90282	EDP treatment	Video conference	At least 40 minutes	Other Medical Practitioner	100% = \$112.25

*divided by number of patients seen up to a maximum of 6 patients. For seven or more patients +\$2.15 per patient.

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16 items for Psychologists and Clinical Psychologists provision of eating disorder psychological treatment services:

Clinical Psychologists					
Item number	Task	Location	Time	Provider	Benefit
82352	EDP treatment	Consulting room	30 - 50 minutes	Clinical Psychologist	85% = \$89.65
82353	EDP treatment	Video conference	30 - 50 minutes	Clinical Psychologist	85% = \$89.65
82354	EDP treatment	A place other than consulting room	30 - 50 minutes	Clinical Psychologist	85% = \$112.05
82355	EDP treatment	Consulting room	At least 50 minutes	Clinical Psychologist	85% = \$131.65
82356	EDP treatment	Video conference	At least 50 minutes	Clinical Psychologist	85% = \$131.65
82357	EDP treatment	A place other than consulting room	At least 50 minutes	Clinical Psychologist	85% = \$154.00

82358	EDP treatment as part of a group 6-10 patients	In person	At least 60 minutes	Clinical Psychologist	85% = \$33.45
82359	EDP treatment as part of a group 6-10 patients	Video conference	At least 60 minutes	Clinical Psychologist	85% = \$33.45
Registered Psychologists					
Item number	Task	Location	Time	Provider	Benefit
82360	EDP treatment	Consulting room	20 – 50 minutes	Registered Psychologist	85% = \$63.55
82361	EDP treatment	Video conference	20 – 50 minutes	Registered Psychologist	85% = \$63.55
82362	EDP treatment	A place other than consulting room	20 – 50 minutes	Registered Psychologist	85% = \$86.45
82363	EDP treatment	Consulting room	At least 50 minutes	Registered Psychologist	85% = \$89.65
82364	EDP treatment	Video conference	At least 50 minutes	Registered Psychologist	85% = \$89.65
82365	EDP treatment	A place other than consulting room	At least 50 minutes	Registered Psychologist	85% = \$112.60
82366	EDP treatment as part of a group 6-10 patients	In person	At least 60 minutes	Registered Psychologist	85% = \$22.90
82367	EDP treatment as part of a group 6-10 patients	Video conference	At least 60 minutes	Registered Psychologist	85% = \$22.90

16 items for Occupational Therapists and Social Workers provision of eating disorder psychological treatment services:

Occupational Therapists					
Item number	Task	Location	Time	Provider	Benefit
82368	EDP treatment	Consulting room	20 – 50 minutes	Occupational Therapist	85% = \$56
82369	EDP treatment	Video conference	20 – 50 minutes	Occupational Therapist	85% = \$56
82370	EDP treatment	A place other than consulting room	20 – 50 minutes	Occupational Therapist	85% = \$78.80
82371	EDP treatment	Consulting room	At least 50 minutes	Occupational Therapist	85% = \$79.05
82372	EDP treatment	Video conference	At least 50 minutes	Occupational Therapist	85% = \$79.05
82373	EDP treatment	A place other than consulting room	At least 50 minutes	Occupational Therapist	85% = \$101.90
82374	EDP treatment as part of a group 6-10 patients	In person	At least 60 minutes	Occupational Therapist	85% = \$20.10
82375	EDP treatment as part of a group 6-10 patients	Video conference	At least 60 minutes	Occupational Therapist	85% = \$20.10

Accredited Mental Health Social Workers					
Item number	Task	Location	Time	Provider	Benefit
82376	EDP treatment	Consulting room	20 – 50 minutes	AMH Social Worker	85% = \$56
82377	EDP treatment	Video conference	20 – 50 minutes	AMH Social Worker	85% = \$56
82378	EDP treatment	A place other than consulting room	20 – 50 minutes	AMH Social Worker	85% = \$78.80
82379	EDP treatment	Consulting room	At least 50 minutes	AMH Social Worker	85% = \$79.05
82380	EDP treatment	Video conference	At least 50 minutes	AMH Social Worker	85% = \$79.05
82381	EDP treatment	A place other than consulting room	At least 50 minutes	AMH Social Worker	85% = \$101.90
82382	EDP treatment as part of a group 6-10 patients	In person	At least 60 minutes	AMH Social Worker	85% = \$20.10
82383	EDP treatment as part of a group 6-10 patients	Video conference	At least 60 minutes	AMH Social Worker	85% = \$20.10

Provision of Eating Disorders Dietitian Health Services

2 items for Dietitians:

Item number	Task	Location	Time	Provider	Benefit
82350	Dietetic Health Service	Consulting room	At least 20 minutes	Accredited Practicing Dietitian	85% = \$56
82351	Dietetic Health Service	Video conference	At least 20 minutes	Accredited Practicing Dietitian	85% = \$56

This is intended as a summary only. Please see MBS Online for a complete overview of descriptors, fees, benefits, and extended Medicare safety net caps related to specific eating disorder item numbers. It is ultimately the responsibility of treating practitioners to use their professional judgment to determine the most clinically appropriate services to provide, and then to ensure that any services billed to Medicare fully meet the eligibility requirements outlined in the legislation.

Australian Government Department of Health Aged Care. MBS Online: Medicare Benefits Schedule. Accessed by: <http://www9.health.gov.au/mbs/fullDisplay.cfm?type=item&q=90250&qt=ItemID>. [Retrieved on 27 September 2022].