

## Quick Guide

### New Medicare Eating Disorder Initiative

Here to Help Pty Ltd  
t/a Life Resolutions  
**A:** 1 Lincoln Road  
Essendon VIC 3040  
**P:** 1300 668 256

#### ***Which Patients can access the new Eating Disorder treatment and management plan?***

Clients presenting with **Anorexia Nervosa, Binge-eating Disorder, and other specified feeding or eating disorders** can access this new plan. Eligibility criteria for patients are:

- The patient scored 3 or more on the Eating Disorder Examination Questionnaire
- The patient's condition is characterised by rapid weight loss, or frequent binge eating, or inappropriate compensatory behaviours manifested by 3 or more times per week
- In addition to two or the following indicators:
  - o Clinically underweight with body weight less than 85% of expected weight where weight loss is directly linked to an eating disorder
  - o Current or high risk of medical complications due to eating disorder behaviours and symptoms
  - o Serious comorbid medical or psychological conditions significantly impacting on medical or psychological health status with impacts on functioning
  - o The person has been admitted to a hospital for an eating disorder in the previous 12 months
  - o Inadequate treatment responses to evidence-based eating disorder treatment over the past six months despite active and consistent participation

#### ***What steps are involved?***

- Preparation of eating disorders treatment and management plans (**GP**)
- Provision of psychological treatment services (**up to 40 sessions with a Psychologist**)
- Provision of dietetic services (**up to 20 sessions with a Dietician/ Nutritionist**)
- Review of eating disorders treatment and management plans (to occur on every 10<sup>th</sup> session of psychological intervention with their **GP**)
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Please do not hesitate to contact our team at Life Resolutions to discuss this program further. We are here 8am to 9pm, Monday to Saturday on 1300 668 256.

Warm Regards,

The Team at Life Resolutions

#### **We are conveniently located at the following addresses:**

Life Resolutions Essendon: 1 Lincoln Road, Essendon, VIC, 3040.

Life Resolutions Craigieburn: 59 Hamilton Street, Craigieburn, VIC, 3064.