

Eating Disorders & Medicare

A quick guide



Visit a Medical Practitioner

- GPs, Psychiatrists and Pediatricians can develop an Eating Disorders Plan (EDP) – this doctor is called the 'managing practitioner'. Many people find a GP can be the easiest option.
- Book a long appointment
- The doctor will discuss whether you are eligible for an Eating Disorders Plan (EDP) under the Medicare Benefits Scheme (MBS).
- To be eligible for an EDP, you need to meet specific criteria. You can learn more about the [eligibility criteria here](#).
- Try to be as open as possible – [Butterfly's Kindly Do, Kindly Don't Support Script](#) can help you prepare for the conversation.
- Learn more about EDPs here [Medicare Eating Disorder Plans FAQs - Butterfly Foundation](#)

TIP: Complete the Butterfly screening tool to help know if you are experiencing symptoms of an eating disorder [Are you at risk? - Butterfly Foundation](#)

Find the right health professionals

- You can search the [Butterfly Referral Database](#) or contact the [Butterfly National Helpline](#) to find eating disorder specific health professionals including GPs, Psychiatrists, mental health professionals and allied health professionals.
- Your doctor will refer you to a Mental Health Professional (MHP) and other health professionals relevant to your needs.
- If you have already chosen a MHP, take their details into your doctor appointment so they can make the first referral.
- It's best to find professionals with experience supporting people with eating disorders, or willing to learn.

If you are Eligible

An EDP is valid for 12 months from the date it was developed. The EDP will need to be regularly reviewed at specific times;

- **After 10 sessions:** go to your managing practitioner
- **Between 10-20 sessions:** go to a psychiatrist
- **After 30 sessions:** go to your managing practitioner

TIP: Start looking for a psychiatrist as soon as possible as there can be a long wait for your first appointment. Contact the [Butterfly National Helpline](#) or search the [Referral Database](#) to check if we have any on our database in your area or talk to your managing practitioner.

What if I'm not eligible for an EDP?

- Remember: it's ok to get a second opinion with another doctor – be open and honest about your day to day experience and challenges.
- If you are not eligible for an EDP, you may still be able to access subsidised sessions with mental health and allied health professionals under the Medicare 'Better Access' Scheme. A GP can discuss options with you.