



Australian Government

Department of Health

Medicare Benefits Schedule (MBS)

Health assessment for people aged 40 to 49 years who are at risk of developing type 2 diabetes

Fact Sheet

A medical practitioner may select MBS item **701 (brief)**, **703 (standard)**, **705 (long)**, or **707 (prolonged)** to undertake a type 2 diabetes risk evaluation depending on the length of the consultation as determined by the complexity of the patient's presentation.

The aim of the type 2 diabetes risk evaluation is to support medical practitioners to address the health needs of patients 40 to 49 years of age who are at high risk of developing type 2 diabetes. The type 2 diabetes risk evaluation is a review of the risk factors underlying the patient's 'high risk' score as identified by the Australian Type 2 Diabetes Risk Assessment Tool (AUSDRISK). It includes initiating interventions to assist with the prevention of type 2 diabetes.

Components of the health assessment provided as a type 2 diabetes risk evaluation

The type 2 diabetes risk evaluation must include:

- evaluating a patient's 'high risk' score as determined by the Australian Type 2 Diabetes Risk Assessment Tool, which has been completed by the patient within a period of 3 months prior to undertaking the type 2 diabetes risk evaluation;
- updating the patient's history and undertaking physical examinations and clinical investigations in accordance with relevant guidelines;
- making an overall assessment of the patient's risk factors and of the results of relevant examinations and investigations;
- initiating interventions, if appropriate, including referrals and follow-up services relating to the management of any risk factors identified; and
- giving patient advice and information; including strategies to achieve lifestyle and behaviour changes if appropriate.

Risk Factors

Risk factors include the following:

- lifestyle risk factors, such as smoking, physical inactivity and poor nutrition;
- biomedical risk factors, such as high blood pressure, impaired glucose metabolism and excess weight; and
- a family history of a chronic disease.

The Australian Type 2 Diabetes Risk Assessment Tool (AUSDRISK)

The Australian Type 2 Diabetes Risk Assessment Tool consists of a short list of questions that, when completed, provides a guide to a patient's current level of risk of developing type 2 diabetes over the next five years. The tool can be completed either by the patient or with the assistance of a health professional.

Completion of the AUSDRISK is mandatory for patient access to this health assessment. Patients with a 'high' risk score result are eligible for the health assessment.

Restrictions on providing the health assessment provided as a type 2 diabetes risk evaluation

Eligible patients must be aged 40 to 49 years (inclusive) or 15 to 54 years (inclusive) for Aboriginal and Torres Strait Islander people, and at high risk of developing type 2 diabetes as determined by the Australian Type 2 Diabetes Risk Assessment Tool. Patients with newly diagnosed or existing diabetes are not eligible for this evaluation.

A Medicare rebate is payable for each eligible patient once every three years. The rebate is not payable in conjunction with another attendance item on the same day, except where it is clinically required. The type 2 diabetes risk evaluation is not available to admitted patients of a hospital or day-hospital facility.

Guidelines and Resources

For more information about MBS primary care items visit the Department of Health website at the MBS Primary Care Items page or phone the Department of Human Services (Medicare) provider enquiry line on 132 150 or the patient enquiry line on 132 011.

More detailed information about the item descriptors and explanatory notes is available at the Department of Health website at MBS Online.

Medical practitioners are also encouraged to utilise relevant guidelines and resources, such as:

- The Australian Type 2 Diabetes Risk Assessment Tool
- SNAP (Smoking, Nutrition, Alcohol and Physical activity) - A population health guide to behavioural risk factors in general practice