

V4.3 APRIL 2023

General Practice Incentive Agreement 2023–2024

The *Life!* program is a free Victorian lifestyle modification program that helps people reduce their risk of type 2 diabetes and cardiovascular disease.

Run by health professionals, the program is delivered as a group course or a telephone health coaching service. The *Life!* program will give your at risk patients the motivation and support needed to make and maintain positive changes, to adopt healthy behaviours and lead a more active lifestyle.

Since the program started in 2007 over 75,000 Victorians have learnt more about the steps they can take to live a healthy life. Funded by the Victorian Government and managed by Diabetes Victoria it is the largest prevention program of its kind in Australia.

Group Course

***Life!* Group Courses are available in most metropolitan and regional communities.**

- Free
- Involves a one-on-one introduction session and six group sessions run across a twelve-month period
- Modified group courses available in Vietnamese, Chinese, Arabic and plain English
- The Aboriginal Road to Good Health group course supports Aboriginal communities
- Group environment provides support and motivation.

Telephone Health Coaching

A flexible service which allows participants to receive calls at a time and location that suits them.

- Free
- Involves seven one-on-one calls over a twelve-month period
- Health coach keeps participant motivated and on track for success.

> ***"My telephone health coach was excellent – she was very knowledgeable, a great motivator and expressed a lot of empathy. Today my health is excellent and my fitness level has increased. All my blood test results are great and my blood pressure is perfect, too."***
>
> **— Pete, participant**

> ***"The Life! program was great! I already had some healthy eating knowledge, but I had forgotten or lost my way. This program reinforced everything, plus had the benefit of the physical activity component. It helped me find that balance I needed and it improved my health."***
>
> **— Pili, participant**

***Life!* program**
Wurundjeri Woi-wurrung Country
Phone: 03 8648 1880 **Email:** life@diabetesvic.org.au

The *Life!* program is supported by the Victorian Government

Refer your patients in 4 easy steps

1. Check exclusion criteria

Participants must **not** have:

- Diabetes
- Clinically active cancer
- A recent diagnosis of CVD (last 3 months)
- Be pregnant.

2. Confirm patient eligibility

Choose **one** of the following **A** OR **B** OR **C**:

A

AUSDRISK + BMI

≥ 18 years and AUSDRISK ≥ 12 and BMI ≥ 25 kg/m^2

(if patient self-identifies as being of Asian BMI ≥ 23 kg/m^2 is accepted)*

MBS items apply for a health assessment 701, 703, 705, 707, 715

B

Absolute risk score

45 years or over, or ≥ 30 years and of Aboriginal and/or Torres Strait Islander descent and have an Absolute Risk score of ≥ 10% when referred by a GP clinic.

The following time-based MBS item applies for a heart health check: 699,177

C

Pre-existing conditions

≥ 18 years with one or more of the following pre-existing conditions:

- Cardiovascular Disease*
- Gestational Diabetes
- Chronic Kidney Disease
- Pre-diabetes (IFG or IGT)
- Polycystic Ovary Syndrome
- Familial Hypercholesterolemia
- Serum total cholesterol > 7.5mmol/L
- Syst BP of ≥ 180 mmHg or Diast BP ≥110mmHg

*For further information or clarification, please refer to the definitions page.

3. Refer your patient

- Consider the suitability of the *Life!* program for each patient and discuss whether they would prefer a local group course or the telephone health coaching service.
- Obtain the patient's consent to be referred to participate in the program.
- Complete the *Life!* referral form.
- Attach pathology results to ensure type 2 diabetes has been excluded in the last 12 months.
- Diabetes exclusion: Participants with a FBG from 5.5 - 6.9 mmol/L may have diabetes. In this instance, further testing may be required to clarify the diabetes status. The preferred method is OGTT. Diabetes is likely for participants with FBG ≥ 7 mmol/L or HbA1c ≥ 48mmol/mol (≥ 6.5%), so follow up testing is required.[1]

4. Patient participation confirmed

- Advise your patient that their referral has been made. They will receive a call within 24–48 hours from the *Life!* team to discuss the program and their enrolment options.
- You will receive updates regarding your patient's:
  - referral outcome.
  - progress throughout the program once they are enrolled.

1. Source: *www.racgp.org.au/your-practice/guidelines/diabetes/3-screening,-risk-assessment,-case-finding-and-diagnosis/32-case-finding-in-patients-with-symptoms-suggestive-of-diabetes/*

Invoicing and payment

This agreement provides a financial incentive for general practices to refer eligible patients to the *Life!* program. It consists of two installments:

Installment One[1] $20+GST

The first payment is $20 (+GST) per referral of eligible patient. GP to provide:

1. Completed *Life!* GP referral form.
2. Completed AUSDRISK tool (if completed with the patient).
3. Patient blood test results within the last 12 months of the *Life!* referral date:
   - FBG: Recommended to attach OGTT result if FBG is 5.5-6.9 mmol/L
   - Lipids: TC, HDL, LDL, TRIGs

Installment Two[2] $25+GST

A second payment of $25 (+GST) is available for each patient who completes a *Life!* Introduction session/ telephone call.

1. When practices submit the completed *Life!* program referral for an eligible patient, Diabetes Victoria will automatically generate an invoice. Payment will be made by EFT based on the submission of screening and referral data collected per eligible patient within 30 days of receipt.
2. When your referred patient has completed the first session of the program, Diabetes Victoria will automatically generate an invoice and make the second payment.
   - Diabetes Victoria will only make payments to the practice named in this agreement, and not to any individual staff member of the practice.

Conditions

- Diabetes Victoria will only make payments to the practice when eligible patient referrals are submitted directly to the *Life!* program office.
- Unless Diabetes Victoria disputes a tax invoice or the information included, it will process each invoice within 30 days of receipt or such other period as may be agreed in writing between the parties.
- Diabetes Victoria requires the practice to provide an ABN and to remit any GST payable to the Australian Taxation Office (ATO) in respect of the referrals provided to Diabetes Victoria under this agreement.
- General Practices who are existing *Life!* program providers are not eligible for this initiative.

Order free *Life!* program resources

The practice may order *Life!* program promotional material at: *lifeprogram.org.au/for-health-professionals/*

Additional resources to support your clinic

The *Life!* GP referral form is available to be imported to any of the following medical software.

- Best Practice
- Genie
- Medical Director
- Zed Med

You can import the templates by visiting our website at: *lifeprogram.org.au/for-health-professionals/*

Referral forms are also available in pads of 50 and as an editable PDF.

HealthPathways

HealthPathways is a web-based portal with relevant and evidence-based information on the assessment and management of common clinical conditions including referral guidance. The pathways have been designed for use during consultation and are jointly developed through collaboration between hospital clinicians and community clinicians.

RACGP

The RACGP provides evidence based guidelines for preventive activities in general practice: *www.racgp.org.au/clinical-resources/clinical-guidelines/key-racgp-guidelines/view-all-racgp-guidelines/guidelines-for-preventive-activities-in-general-pr/preamble/introduction*

Other information

- The practice must provide the details requested in the agreement when returning it.
- The *Life!* program is available for Victorian residents. Participants whose postcode is listed in the Acceptable Non-Victorian Regions (*lifeprogram.org.au/learn-about-life/*) are considered eligible for the *Life!* program.

Privacy Policy

Please contact the Primary Care Engagement Coordinator for this agreement's privacy policy.

MBS item numbers[3]

The following time-based MBS items apply for a health assessment:

701 (brief – $59.35)
703 (standard – $137.90)
705 (long – $190.30) or
707 (prolonged – $268.80)

- a type 2 diabetes risk evaluation of people aged 40 to 49 (inclusive) with a high risk of developing type 2 diabetes as determined by the AUSDRISK Tool.
- a health assessment for people aged 45 to 49 years (inclusive) at risk of developing a chronic disease.
- a health assessment for people aged 75 years and older. 715 (unlimited time – $212.25)
- a heart health assessment will support people 45 years or above, or 30 years and above if of Aboriginal or Torres Strait Islander Descent. Item 699 ($76.95)

3. As of August 2018. Reference: Australian Government. Department of Health. Medicare Benefits Schedule Book. Operating from 1 November 2014. *www.mbsonline.gov.au/internet/mbsonline/publishing.nsf/Content/Factsheet-MedicareHealthAssessments*

Schedule 1: General Practice Incentive Agreement 2023–2024

Please complete the form to sign up to the *Life!* General Practice Incentive Agreement.

By completing the form, the practice named herein has agreed to support the *Life!* program by referring eligible patients and undertaking the tasks set out in the agreement. Diabetes Victoria has agreed to provide the funding set out in this agreement. This agreement is valid until 30 June 2024 unless otherwise altered by Diabetes Victoria.

For general practice to complete and sign

Practice details

Name of practice

Address

Phone | Fax

Email

Medical software | Medical ABN

Bank account details

Bank name | Account name

BSB number | Account number

Practice contact

Practice Manager	First Name		Last Name	
	Email			
Principal GP	First Name		Last Name	
	Email			
Practice Nurse	First Name		Last Name	
	Email			

Executed for and on behalf of (insert full name of practice)

By its authorised representative in accordance with Section 126 of the *Corporations Act 2001*

Signature of authorised representative	Authorised representative (print name)	Date of execution
		/ /

Return completed form to:

Email casefinding@diabetesvic.org.au
Phone 03 8648 1880
Fax 03 9667 1757

Mail Diabetes Victoria
GPO BOX 9824,
Melbourne Vic 3001

For Diabetes Victoria to complete and sign

Signed for and on behalf of Diabetes Victoria by its authorised representatives in accordance with Section 126 of the *Corporations Act 2001*

Signature of Diabetes Victoria authorised representative	Diabetes Victoria authorised representative (print name)	Date of execution
		/ /

Data Collection at Diabetes Victoria Diabetes Victoria is the leading charity and peak consumer body working to reduce the impact of diabetes. Data will be collected by Diabetes Victoria on all individuals referred to the *Life!* program. To maintain the confidentiality of your personal information, we comply with all Commonwealth and State privacy legislation. A copy of our Privacy Policy is available upon request. Your information will be used to assess the effectiveness of the *Life!* program. It will be stored in a secure database and only accessible by the organisation providing the *Life!* course and management of the *Life!* program. **Diabetes Victoria ABN 47 008 529 461**

The *Life!* program is supported by the Victorian Government

General Practice Referral Form

Patient details

Referral Date ___ / ___ / ___

Name

Address

State Postcode

Phone

Email

DOB Gender

Country of birth

Cultural background

Does your patient speak English? ☐ Yes ☐ No

What is the main language spoken at home?

Aboriginal or Torres Strait Islander descent? ☐ Yes ☐ No

Past medical history

Current smoker? ☐ Yes ☐ No

Blood pressure systolic/ diastolic

Waist circumference (cm)

***Life!* program exclusion criteria:** • Diabetes • Pregnancy • Active Cancer • Cardiovascular Disease (CVD) diagnosis in the last 3 months. It is important to consider the suitability of the *Life!* program for each individual.

Patient eligibility

Choose **one** of the following **A** or **B** or **C**:

☐ A

≥ 18 years and AUSDRISK ≥ 12 and BMI ≥ 25kg/m² (if patient self–identifies as being of Asian background a BMI ≥ 23kg/m² is accepted)*

AUSDRISK Score

Height (cm)

Weight (kg)

BMI

MBS items apply for a health assessment 701, 703, 705, 707, 715

☐ B

45 years or over, or ≥ 30 years and of Aboriginal and/or Torres Strait Islander descent and have an Absolute Risk score of ≥ 10% when referred by a GP clinic.

CVD risk score

The following time-based MBS item applies for a heart health check: 699,177

☐ C

≥ 18 years with one or more of the following pre-existing conditions (Please tick ✓ and document)

- ☐ Cardiovascular Disease*
- ☐ Chronic Kidney Disease
- ☐ Polycystic Ovary Syndrome
- ☐ Gestational Diabetes
- ☐ Pre-diabetes (IFG or IGT)
- ☐ Familial Hypercholesterolemia
- ☐ Serum total cholesterol > 7.5mmol/L (initial reading)
- ☐ Syst BP of ≥ 180 mmHg or Diast BP ≥110mmHg (reading)

*For further information or clarification, please refer to the definitions page.

Referrer details

Name

Clinic

Address

State Postcode

Phone

Fax

Email

Completing the referral – ✓ tick to confirm

- ☐ Yes, patient consents to be enrolled in the program
- ☐ Blood pathology report within 12 months of referral date*
  - ☐ Fasting blood glucose (FBG) or HbA1c
  - ☐ Lipid Profile (TC/TRIG/HDL/LDL)
- ☐ Completed AUSDRISK form is using criteria A
- ☐ Diabetes excluded*

* For further information or clarification, please refer to the definitions page.

By signing this form, you agree that you have explained to your patient and, in your opinion, they understand that Diabetes Victoria collects their personal information for the purposes of *Life!* program registration, administration, participation, monitoring and evaluation.

Signature

Definitions

A. AUSDRISK + BMI

The Australian type 2 diabetes risk assessment tool (AUSDRISK) is a short list of questions to help assess a person's risk of developing type 2 diabetes over the next five years.

www.health.gov.au/resources/apps-and-tools/the-australian-type-2-diabetes-risk-assessment-tool-ausdrisk

***Life!* waist circumference/clothing size chart for males and females.** *lifeprogram.my.salesforce.com/sfc/p/90000000kLDW/a/9g0000005rJU/8j429LoDQEqY7f.I9_pN4sPrwrIQN32M8I.CpeTC5IM*

Body mass index (BMI) is one way to assess whether a person's weight is in the healthy range. The BMI combines a person's height and weight to form a measure that can help predict their risk of developing disease.

$$\text{Body mass index} = \frac{\text{weight (kg)}}{\text{height (m)}^2}$$

www.aihw.gov.au/reports/overweight-obesity/overweight-and-obesity/contents/about

The following time-based MBS items apply for a health assessment: 701, 703, 705, 707, 715

Asian sub-regions
Asian background includes three distinct sub-regions (Parliament of Australia, 1997):

Northeast Asia (Mainland China, Hong Kong, Japan, Korea, Taiwan);

Southeast Asia (Brunei, Cambodia, Indonesia, Laos, Malaysia, Burma (Myanmar), the Philippines, Singapore, Thailand, Vietnam); and

Southern Asia (Afghanistan, Bangladesh, India, Pakistan, Sri Lanka, Nepal).

B. Cardiovascular risk score

The Australian Absolute risk calculator combines several risk factors to calculate a risk score (expressed as a percentage), which is a person's chance of having a CVD event such as a heart attack or stroke in the next five years.

www.cvdcheck.org.au

C. Pre-existing conditions

Cardiovascular disease*[1]

- Acute rheumatic fever/ rheumatic heart disease
- Angina
- Angioplasty
- Arrhythmias/Atrial fibrillation
- Cardiomyopathy
- Chronic Heart Failure
- Coronary Heart Disease
- Myocardial infarction
- Peripheral Vascular Disease
- Stroke

**Must not have been diagnosed within the last 3 months.*

**Must be medically stable and must not have had a hospital admission in the last 12 months for the condition.*

Gestational diabetes

To participate in the program, women must not be pregnant.

Moderate or severe kidney disease[2]

- Persistent proteinuria or GFR < 45mL/min/1.73m^2 or
- Stage 3b chronic kidney disease or greater

Pre-diabetes[3 4 5 6]

Blood glucose levels are higher than normal but not high enough to be classified as diabetes.

- **Impaired Fasting Glucose (IFG)**
  Blood glucose levels are escalated in the fasting state but not high enough to be classified as diabetes. It is diagnosed on the basis of a result between 6.1 and 6.9 mmol/L
- **Impaired Glucose Tolerance (IGT)**
  Blood glucose level is higher than normal two hours after an OGTT but not high enough to be diagnosed with diabetes. Two-hour plasma glucose is between 7.8 and 11.0 mmol/L. Fasting blood glucose level may still be in the normal range.
- **Glycated haemoglobin (HbA1c)**
  Pre-diabetes can be diagnosed with a HbA1c of 6.0-6.4%

Familial hypercholesterolemia[7]

The Dutch Lipid Clinic Network Score Criteria required for diagnosis.

Serum cholesterol >7.5 mmol/L

If on medication managing the condition, patient is still eligible for the program.

Systolic BP ≥ 180mmHg or diastolic BP ≥ 110mmHg[8]

If on medication managing the condition, patient is still eligible for the program.

Polycystic Ovarian Syndrome[9]

Rotterdam diagnostic criteria. Requires two of:

- Oligo- or anovulation
- Clinical and/or biochemical hyperandrogenism
- Polycystic ovaries on ultrasound (and exclusion of other aetiologies)

Blood Test Results[10]

A patient's blood test result is required to ensure that type 2 diabetes has been excluded. Please attach patient blood test results within the last 12 months of the *Life!* referral date.

- Full Blood Lipids
- Fasting Blood Glucose (FBG) or HbA1c

Further testing to exclude type 2 diabetes

- If FBG is 5.5 - 6.9 mmol/L an Oral Glucose Tolerance Test (OGTT) is recommended.

These are via venous sampling under laboratory methodology.

Diagnostic criteria for type 2 diabetes (RACGP clinical guidelines 2016-2018)[11]

Patient is excluded from the program if they meet one or more of the following:

- Fasting blood glucose (FBG) ≥7.0 mmol/L or random blood glucose ≥11.1 mmol/L confirmed by a second abnormal FBG on a separate day
- Oral glucose tolerance test (OGTT) before (fasting) and two hours after an oral 75 g glucose load is taken. Blood glucose is measured. Diabetes is diagnosed as FBG ≥7.0 mmol/L or two-hour blood glucose ≥11.1 mmol/L
- Glycated haemoglobin (HbA1c) ≥48 mmol/mol (6.5%; on two separate occasions)

These are via venous sampling under laboratory methodology.

1. **Heart Foundation** *www.heartfoundation.org.au/bundles/your-heart*
2. **Kidney Health** *kidney.org.au/health-professionals/ckd-management-handbook*
3. **Diabetes Australia** *www.diabetesaustralia.com.au/about-diabetes/pre-diabetes/*
4. **National Diabetes Services Scheme** *www.ndss.com.au/understanding-pre-diabetes*
5. **Royal Australian College of General Practitioners LTD (RACGP)** *www.racgp.org.au/clinical-resources/clinical-guidelines/key-racgp-guidelines/view-all-racgp-guidelines/guidelines-for-preventive-activities-in-general-pr/preamble/introduction*
6. **RACGP** *www.racgp.org.au/your-practice/guidelines/diabetes/3-screening,-risk-assessment,-case-finding-and-diagnosis/33-impaired-fasting-glucose-or-impaired-glucose-tolerance/*
7. **Familial Hypercholesterolemia Australasia Network** *www.athero.org.au/fh/patients/diagnosis/*
8. **Heart Foundation** *www.heartfoundation.org.au/bundles/for-professionals/hypertension*
9. **Jean Hailes for Women's Health** *www.jeanhailes.org.au/health-a-z/pcos*
10. **RACGP** *www.racgp.org.au/clinical-resources/clinical-guidelines/key-racgp-guidelines/view-all-racgp-guidelines/diabetes/preventing-progression-to-type-2-diabetes*
11. **RACGP** *www.racgp.org.au/your-practice/guidelines/diabetes/3-screening,-risk-assessment,-case-finding-and-diagnosis/32-case-finding-in-patients-with-symptoms-suggestive-of-diabetes/*