Claiming your Medicare rebate

A quick guide for Emma Sachsse Counselling clients — from 1 October 2026

EMMA SACHSSE COUNSELLING

From 1 October there's no EFTPOS or HICAPS at the practice. You pay for your session online when you book, and claim the Medicare rebate yourself afterwards. The first time takes a few minutes to set up; after that it's about a minute per claim, and the rebate lands in your bank account within a few business days.

Before you start, you'll need

Four things
1. A myGov account with Medicare linked to it (one-off set-up, see below). **2.** Your bank details registered with Medicare, so the rebate has somewhere to go. **3.** A current Mental Health Treatment Plan referral from your GP (if you're already seeing Emma under Medicare, this is done). **4.** Your paid receipt from the session (emailed after each appointment), plus your GP's provider number and referral date. If you don't have these handy, email us and we'll send them through.

Option A — Express Plus Medicare app (quickest)

1. Download **Express Plus Medicare** from the App Store or Google Play and sign in with your myGov details.
2. Tap **Claims**, then **Make a claim**.
3. Follow the prompts and enter the details from your receipt (they're all on it, see the box below).
4. Add a photo or PDF of the receipt and tap **Submit**. That's it.

Option B — myGov on a computer

1. Go to **my.gov.au** and sign in.
2. Select **Medicare** from your linked services.
3. Choose **Make a claim**, then **Medical services**, and follow the prompts using the details below.
4. Upload your receipt and submit.

What the form will ask for

Provider	Emma Sachsse — Provider Number **1644373W**
Item number	**80160** (Focused Psychological Strategies, Mental Health Social Worker)
Referring GP	Your GP's provider number and the date of your Mental Health Treatment Plan referral
Date of service	The date of your session, as shown on the receipt
Amount paid	**$220.00**
Rebate you'll receive	Currently **$89.50** per session, paid to your registered bank account

Haven't linked Medicare to myGov yet?

Sign in to myGov, choose **Link a service**, select **Medicare**, and answer the questions using your Medicare card and a recent claim or your bank details. If you get stuck, Medicare's general enquiries line is **132 011**. While you're there, check your bank details are up to date under **My details**.

Claiming through private health instead?

If you're using extras cover rather than Medicare, submit the same receipt through your fund's app or website. Medibank lists these sessions as **P110** (Social Work – psychological therapies, initial consultation) and **P210** (subsequent consultation); other funds use different codes and cover varies, so check with yours. A session can be claimed through Medicare *or* your health fund, not both.

Need a hand?
Email **info@sachssecounselling.com** and Naomie, our admin assistant, will help you sort it out — including re-sending a receipt if one's gone missing.

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I acknowledge the Traditional Owners of the land on which I work, the Kaurna people of the Adelaide Plains, and pay my respects to Elders past and present.