

Accessing treatment without pre-approval

Treatment	Expense
Initial treatment	Any treatment within 48 hours of the injury happening.
Nominated treating doctor	Any consultation or case conferencing for the injury, apart from telehealth and home visits. Any treatment during consultation for the injury, within one month of the date of injury.
Public hospital	Any services provided in the emergency department, for the injury. Any services after receiving treatment at the emergency department for the injury, within one month of the date of injury.
Medical specialists	If referred by the nominated treating doctor, any consultation and treatment during consultations for the injury (apart from telehealth), within three months of the date of injury. Note: Medical specialist means a medical practitioner recognised as a specialist in accordance with the <u>Schedule 4 of Part 1 of the Health Insurance Regulations 1975</u> who is remunerated at specialist rates under Medicare.
Diagnostic investigations	If referred by the nominated treating doctor for the injury: <ul style="list-style-type: none"> any plain x-rays, within two weeks of the date of injury ultrasounds, CT scans or MRIs within three months of the date of injury, where the worker has been referred to a medical specialist for further injury management. On referral by the medical specialist for the injury, any diagnostic investigations within three months of the date of injury. Note: A General Practitioner's MRI referral must meet the Medicare Benefits Schedule criteria.
Pharmacy	Prescription and over-the-counter pharmacy items prescribed by the nominated treating doctor or medical specialist for the injury and dispensed: <ul style="list-style-type: none"> within one month of the date of injury, or after one month of the date of injury if prescribed through the Pharmaceutical Benefits Scheme.
IRA-approved physical treatment practitioners (physiotherapist, osteopath, chiropractor, accredited exercise physiologist)	Up to eight consultations if the injury was not previously treated and treatment starts within three months of the date of injury. Up to three consultations if the injury was not previously treated and treatment starts over three months after the date of injury. Up to eight consultations per <i>Allied health recovery request</i> (AHRR) if the same practitioner is continuing treatment within three months of the date of injury and: <ul style="list-style-type: none"> the practitioner sent an AHRR to the insurer, and the insurer did not respond within five working days of receiving the AHRR. One consultation with the same practitioner if the practitioner previously treated the injury over three months ago. This is a new episode of care. One consultation with a different practitioner if the injury was previously treated. Up to two hours per practitioner for case conferencing that complies with the applicable Fees Order. Up to \$100 per claim for reasonable incidental expenses for items the worker uses independently (such as strapping tape, theraband, exercise putty, disposable electrodes and walking sticks). Notes: <ul style="list-style-type: none"> Consultations with an accredited exercise physiologist require a referral from a medical practitioner. All treatments exclude home visits, telehealth and practitioner travel. A list of SIRA approved practitioners can be found at www.sira.nsw.gov.au. See the <u><i>SIRA workers compensation guideline for the approval of treating health practitioners</i></u> for more on practitioner approval.

INFORMATION SHEET

Accessing treatment without pre-approval (Continued)

Treatment	Expense
SIRA-approved psychologist or counsellor	<p>Up to eight consultations if a psychologist or counsellor has not previously treated the injury and treatment starts within three months of the date of injury.</p> <p>Up to three consultations if a psychologist or counsellor has not previously treated the injury and treatment starts over three months after the date of injury.</p> <p>Up to eight consultations per <i>Allied health recovery request</i> (AHRR) if the same practitioner is continuing treatment within three months of the date of injury and:</p> <ul style="list-style-type: none"> the practitioner sent an AHRR to the insurer, and the insurer did not respond within five working days of receiving the AHRR. <p>One consultation with the same psychologist or counsellor if the practitioner previously treated the injury over three months ago. This is a new episode of care.</p> <p>One consultation with a different psychologist or counsellor if the injury was previously treated.</p> <p>Up to two hours per practitioner for case conferencing that complies with the applicable Fees Order.</p> <p>Up to \$100 per claim for reasonable incidental expenses for items the worker uses independently (such as relaxation CDs and self-help books).</p> <p>Notes:</p> <ul style="list-style-type: none"> These consultations require a referral from a medical practitioner. All treatments exclude home visits, telehealth and practitioner travel. A list of SIRA approved practitioners can be found at www.sira.nsw.gov.au. <p>See the <i>SIRA workers compensation guideline for the approval of treating health practitioners</i> for more on practitioner approval.</p>