



Vineyard  
**MEDICAL CENTRE**  
*Your health is in our hands*

# Patient Newsletter

www.vineyardmedicalcentre.com.au

2-6 Sussex Court,  
Sunbury, 3429.  
Ph: 9216 5600

Fax: 9216 5699

## Fee Increase - Physio

As of the 15<sup>th</sup> of July, Physio Fee's will increase by \$5.00.

### Initial Consult:

New Patient: \$125.00

Concession: \$115.00

### Review Appointments

Private \$95.00

Concession \$85.00

**\*\*Private Health Insurance can be claimed on the day\*\***

### Care Plans:

Initial \$105.00

Concession \$95.00

Standard \$83.00

Concession \$75.00

**\*\*Patients will receive a rebate from Medicare of \$58.30 with a valid referral\*\***

All **Work Cover** patients will have a \$20 gap fee that is out of patient's pockets and must be paid on the day.

## Farewell Kelly

We sadly bid farewell to our lovely psychologist Kelly Strange. Kelly thank you for everything you have done in the last couple of years. VMC is going to miss having you around here but we wish you all the best in this next adventure!



## SMS Reminders

When you receive your SMS reminders to confirm your appointments just beware that when replying back to only reply back with either "Yes" to confirm or "No" to cancel. Our system isn't able to pick up extra information or replies that you send back e.g. "No, sorry I'm unwell".

If you have any questions or further information that you would like to provide, give us a call on Ph: 9216 5600 and one of our friendly receptionists will be able to accommodate you.

## Fee Increase

As of the 1<sup>st</sup> of July, our GP fee's will increase. Please see second page for more information or speak to our lovely receptionist to discuss further

## Farewell Erica

We sadly bid farewell to Dr Erica Halligan. Erica has been an amazing member of our team and will be deeply missed as she takes the next page in her new chapter! We wish her all the best and can't wait to see her shine!



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## Fee Increase

### Private Patients, Concession and those over 65 without a valid concession:

Today Medicare rebates do not cover the full cost of providing you with medical care. This is because the rate at which successive governments have indexed the Medicare Schedule fees has been substantially lower than increases in the Consumer Price Index (CPI) and average weekly earnings.

The reality is that Medicare rebates do not cover the cost of providing you with a safe and high-quality service. The fees charged by this practice have to cover all of our practice costs including the employment of doctors, receptionists and practice nurses, and meet our operating expenses such as rent, medical equipment, electricity, computers and insurance.

It is not possible for this practice to meet our running costs each year without increasing our fees.

From **1<sup>st</sup> July 2024** our practice will be charging you the following fees for our most common services & these payments are required on the day:

	Private	Concession	Rebate
Brief Consultation (Item 3)	\$77.00	\$67.00	\$18.95
Standard Consultation (Item 23)	\$105.00	\$95.00	\$41.40
Consultations > 20 minutes (Item 36)	\$149.00	\$139.00	\$80.10
Consultations > 40 minutes (Item 44)	\$187.00	\$177.00	\$118.00

Children 15 years & younger or patients 65 years and older who hold a valid Pensioner Concession Card or a valid Health Care Card are eligible for **Medicare rebate + \$30 gap** on the day of their consultation.

We have a TYRO facility available at reception. Once full payment is made for your consultation TYRO enables us to deposit the Medicare rebate back into a Cheque or Savings account using your card. This process is extremely quick and efficient

Patients 65 years and older who hold a valid Pensioner Concession Card or a valid Health Care Card are eligible for **Medicare rebate + \$30 gap** on the day of their consultation.



Patients who hold the following card are eligible for a **concession rate** on the day of their consultation.



**Children 15 years & younger will also be charged the MBS rebate + \$30 gap**



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## July Health Awareness

### DRY JULY

Dry July is a health and wellness campaign where participants commit to abstaining from alcohol for the entire month of July. The initiative aims to promote healthier lifestyle choices, encourage individuals to reconsider their relationship with alcohol, and highlight the benefits of reduce alcohol consumption, such as improved physical and mental well-being.

In addition to personal health benefits, Dry July raises awareness and funds for the cancer support organizations. The funds collected are used to provide services and support for cancer patients and their families, helping them navigate the challenges of cancer treatment and recovery. The dual focus on personal health improvement and charitable support makes Dry July a meaning full and impactful campaign.

For more information head to  
[www.dry.july.com](http://www.dry.july.com)



## National Diabetes Week

### 14<sup>th</sup> July – 21<sup>st</sup> July

National Diabetes Week is an annual event dedicated to raising awareness about diabetes, its impact on individuals and communities, and the importance of prevention and management. Held in many countries, this week-long campaign often features educational programs, health screenings, and community event aimed at highlighting the latest research, treatment options, and lifestyle changes that can help manage and prevent diabetes.

The key goals of National Diabetes Week include:

1. Education: Providing crucial information about the different types of diabetes, their symptoms, and the importance of early detection.
2. Prevention: Encouraging healthy lifestyle choices, such as regular exercise and a balanced diet, to reduce the risk of developing type 2 diabetes.
3. Support: Offering resources and support networks for those living with diabetes to help them manage their condition effectively.
4. Research: Promoting the latest advancements in diabetes research and advocating for continued funding and support for scientific studies.

By participating in National Diabetes Week, individuals can be gaining valuable insight into how to lead healthier lives, support loved ones with diabetes, and contribute to the global fight against these chronic conditions.





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## Sarah's Kitchen

### Apple and brown sugar crumbles

#### Ingredients:

- 5 medium granny smith apples
- 2 tablespoon lemon juice
- 1 table spoon brown sugar
- ¼ teaspoon mixed spice
- ½ Cup plain flour
- 80 grams butter
- 1/3 cup brown sugar
- ¼ teaspoon mixed spice

#### Method

1. Preheat oven to 180 degrees. Lightly grease four 1 cup ovenproof dishes; place on oven tray
2. Peel and core the apples. Chop coarsely. Combine apple, juice, sugar and spice in a medium bowl.
3. To make brown sugar crumble, place the flour in a medium bowl, rub in the butter until combined. Add sugar and spice; mix well.
4. Divide the apple mixture among prepared dishes – it will need to be piled high as the apples shrinks on cooking. Press brown sugar crumble on the top of the apples; bake in a moderately hot oven for about 30 minutes or until browned.
5. Serve hot with ice-cream or Cream, if desired.

