



# Riverstone Family Medical Practice

## February 2026 Update

Book an Appointment



MyMedicare Registration



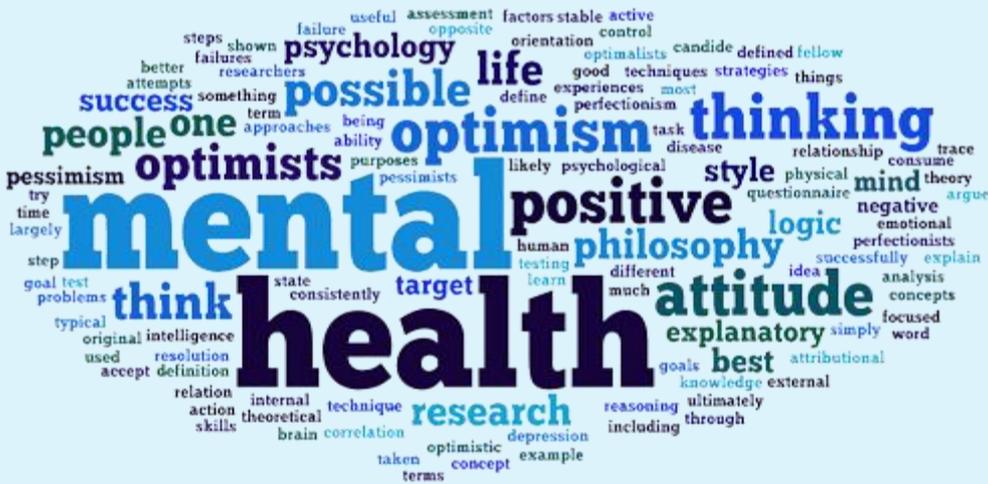
RFMP on Facebook



## Medicare Rebatable Psychological Sessions

To access Medicare rebates for psychological therapy you need a **mental health treatment plan** with your GP.

This is a comprehensive assessment of your mental health where your goals are documented, a plan is written, and requires a longer appointment. Your GP will then write a referral to your psychologist and you will be eligible for **6 Medicare rebates for your therapy**. At the completion of your 6 sessions with your psychologist, please see your GP to review your mental health treatment plan.



If you require further sessions with your psychologist you will be eligible for another 4 Medicare rebates for therapy. **This programme allows up to 10 Medicare eligible sessions** with psychologists and some other mental health professionals per calendar year for focused psychological therapy sessions.

## Do you want to help your GP stay on time?

*Doctors do not like running late. You can help your GP to stay on-time by making an appointment that is long enough to address your issues. As a general rule if you have more than 2 issues it is best to book a long appointment (30 mins).*



*Certain appointments can only be booked by calling reception, such as care plans, mental health treatment plans, health assessments as well as any appointments that require a nurse appointment like childhood immunisations.*

*If you are unsure how long you need, please speak with one of our receptionists.*

## Request a Script or Referral Online

**Need a script or referral in a hurry?** Please consider using [our online service](#) to request a script or referral from your GP. Generally you will need to have had a consultation with your GP in the previous 3 months to use this service. (Or you need an appointment to see your GP in the next month.)

## Riverstone Family Medical Practice

71 Garfield Rd E, Riverstone, 02 9627 0600



At Riverstone Family Medical Practice, we strive to provide high quality health care for all our patients. Please note that Pensioners, Health Care Card Holders incur a Gap fee on their initial consult which may vary between \$20-\$50 depending on the complexity of their clinical need and Bulk billed for subsequent consults. Children under the age of 16 will be bulk billed. For all other patients, private fees will be payable at the time of consultation. If you have any questions on this, please discuss with your GP.

If you have flu like symptoms, please advise the reception staff upon arrival to the practice and we kindly request you wear a mask whilst in the waiting areas to limit spread to other vulnerable patients in the practice.

If you are a new patient and are having difficulties booking online, please call on 02 9627 0600 and speak to one of our friendly receptionists. Thank You

If you have previously visited the practice and you are not recognised as an existing, active patient, please call us for assistance on 02 9627 0600 - please Do Not book as a new patient.

If you fail to attend your appointment without prior notice you will be charged a missed appointment fee of \$30 from your account.

🏠 Riverstone Family Medical Practice

All Services

Repeat Scripts

Repeat Referral

Manage My Appointment

You can also request a telehealth appointment if you are registered with MyMedicare. Please note that referrals to psychologists may need a consultation. Eg. if it is the first time you are seeing them as a mental health treatment plan will be required to access Medicare rebates.

## Doctor's Leave

The following doctors will be on leave over the next two months:

- Dr Kim Loo ..... 2 to 7 Feb, 6 to 10 Mar
- Dr Matthew Lam ..... 9 Feb to 8 Mar
- Dr Revathy Ganeshananthan . 21 Feb only
- Dr Sharon Muir ..... 1 to 7 Mar
- Dr Rumi Liyanagamage ..... 13 Feb only, 31 Mar to 7 Apr
- Dr Hanaa Wanis ..... 3 to 15 Feb

*The Practice will be closed for Easter - Friday 3 Apr & Monday 6 April*

The greatest medicine of all is  
teaching people how not to need it.

Hippocrates



**Practice Hours:** Monday to Friday 8am to 6pm, Saturdays 8am to 1pm  
**For After Hours Care we recommend the national Home Doctor Service** for home visits,  
contact on 13 74 25 (13 SICK)