Remote Reach
TELEHEALTH
with Paula Renae

OCCUPATIONAL THERAPIST | EXERCISE PHYSIOLOGIST | ACCREDITED LYMPHOEDEMA PRACTITIONER

2026–2027 Fee Schedule

Telehealth therapy that reaches you

OCCUPATIONAL THERAPY

Service	Private rate	NDIS rural & regional (MMM 1–5)	NDIS remote (MMM 6)	NDIS very remote (MMM 7)
Initial assessment (60 min)	$230	$193.99/hr	$271.59/hr	$290.99/hr
Standard session (45 min)	$190	$193.99/hr	$271.59/hr	$290.99/hr
Short check-in (20 min)	$80	Pro-rata	Pro-rata	Pro-rata
Lymphoedema review session (45 min)	$190	$193.99/hr	$271.59/hr	$290.99/hr
Hand and upper limb review session (45 min)	$190	$193.99/hr	$271.59/hr	$290.99/hr
Home / environmental assessment & report (3–5 hrs)	$230 per hour	$193.99/hr	$271.59/hr	$290.99/hr
Functional capacity assessment & report (5–10 hrs)	$230 per hour	$193.99/hr	$271.59/hr	$290.99/hr

NDIS OT limits shown per hour (2026–27): $193.99 standard, $271.59 remote (+40%), $290.99 very remote (+50%). Sessions are billed pro-rata. Telehealth is claimed only with your agreement and when your service agreement says so. Remote and very remote limits apply to telehealth only where you agree to them; reports are billed at the provider-location limit.

EXERCISE PHYSIOLOGY

Service	Private rate	NDIS rural & regional (MMM 1–5)	NDIS remote (MMM 6)	NDIS very remote (MMM 7)
Initial assessment (60 min)	$140	$161.99/hr	$226.79/hr	$242.99/hr
Standard session (45 min)	$110	$161.99/hr	$226.79/hr	$242.99/hr
Short check-in (20 min)	$50	Pro-rata	Pro-rata	Pro-rata
Exercise program review (45 min)	$110	$161.99/hr	$226.79/hr	$242.99/hr
Functional recovery program (per session)	$110	$161.99/hr	$226.79/hr	$242.99/hr

NDIS exercise physiology limits per hour (2026–27): $161.99 standard, $226.79 remote (+40%), $242.99 very remote (+50%). Sessions are billed pro-rata.

COMBINED OT + EP PACKAGES

Service	Private rate	NDIS rural & regional (MMM 1–5)	NDIS remote (MMM 6)	NDIS very remote (MMM 7)
Dual-discipline capacity building (fortnightly)	10% off combined rate	Each discipline billed at its own rate	Rate by location	Rate by location
Dual-discipline capacity building (monthly)	10% off combined rate	Each discipline billed at its own rate	Rate by location	Rate by location

Good to know

- All sessions are delivered by secure telehealth, wherever you are.
- Available Australia-wide to NDIS (self-managed and plan-managed), DVA, Support at Home, Medicare-referred, insurance-scheme and private-pay clients. Funded client rates are on page 2.
- NDIS limits follow Modified Monash Model (MMM) areas: MMM 1–5 share the standard limit. For telehealth, remote and very remote limits apply only where the participant agrees and the NDIS rules allow (see page 3).
- NDIS rates shown are the 2026–27 price limits and will be updated when the 2027–28 limits are released.

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Funded client rates

Telehealth rates for DVA, Support at Home, Medicare and insurance schemes

GOVERNMENT AND AGED CARE FUNDING

Scheme	Occupational therapy	Exercise physiology	Notes
DVA (from 1 July 2026)	Video follow-up consultation $134.30. Lymphoedema treatment $163.10 per session (up to 20 a year). End-of-cycle report $35.40.	Video follow-up consultation $77.05. End-of-cycle report $35.40.	Initial consultations cannot be delivered by telehealth. OT items are GST-free; EP items and end-of-cycle reports are taxable (GST on top). Some items need DVA approval first. No rural or remote loading.
Support at Home (2026–27)	$230 per hour.	$230 per hour.	Clinical supports have no participant contribution. Prices are all-inclusive, with no separate travel fee.
Medicare chronic disease management	Item 10958; video item 93000. Rebate set by Medicare (check current MBS).	Item 10953; video item 93000. Rebate set by Medicare (check current MBS).	GP referral and plan needed. Up to 5 allied health services a year, shared across all disciplines, at least 20 minutes. Aboriginal and Torres Strait Islander items 81330 (OT) and 81315 (EP): up to 10 a year, video item 93048. You pay the session fee less the rebate, unless bulk-billed.

WORKERS COMPENSATION AND TRANSPORT INSURERS (TELEHEALTH MAXIMUMS, EX GST)

Scheme	Occupational therapy	Exercise physiology	Notes
WorkSafe Victoria (from 1 July 2026)	Initial standard consult (under 1 hr) $116.56. Extended consult (30–45 min) $131.12. Standard consult (under 30 min) $87.42.	Initial consult (about 45 min) $131.12. Standard consult (about 30 min) $72.64.	Maximum fees; GST paid on top where it applies.
TAC Victoria (from 1 July 2025)	See TAC schedule.	1 hour $118.54 ($130.39 if GST-registered). 30 min $79.01 ($86.91 if GST-registered).	Telehealth arrangements to be confirmed with TAC.
Comcare (state of claimant)	WA: initial $160.65, subsequent $124.80. Qld: initial $132.00, subsequent $104.00. SA: $234.90 per hour.	NSW/ACT: initial $148.90, subsequent $100.90. NT/SA: $186.30 per hour.	Rates differ by state. Upper limit fees.
Private health insurance	Rebate depends on your fund and level of cover.	Rebate depends on your fund and level of cover.	Provider must be registered with the fund. A session cannot also be claimed from Medicare, DVA or NDIS. Check your fund's telehealth and allied health limits before booking.

LYMPHOEDEMA CARE AND SKIN-INFECTION PREVENTION (CELLULITIS RISK)

Scheme	What is funded	Rate	Notes
NDIS	Home maintenance support where disability makes self-management hard: skin care, exercises, repositioning, compression pump. Compression garments as prescribed equipment.	OT $193.99 and EP $161.99 per hour. Remote: $271.59 and $226.79. Very remote: $290.99 and $242.99.	Clinical treatment phases are funded by the health system. Garments need a therapist's prescription showing the functional benefit.
DVA	Lymphoedema treatment by occupational therapists with DVA-recognised postgraduate certification. Compression garments through the Rehabilitation Appliances Program.	OT26: $163.10 per session, up to 20 sessions a calendar year. EP follow-up by video: $77.05 (no EP lymphoedema item).	Certification evidence goes to DVA before claiming. Garments over 3 in 6 months need prior approval. Telehealth for OT26 to be confirmed with DVA.
Support at Home	Allied health clinical supports (OT and EP).	OT and EP: $230 per hour.	Garment and equipment funding varies. Check with your Support at Home provider or My Aged Care.

Cellulitis is an infection and needs prompt medical care from your GP or hospital. Our role is skin-care education, compression and exercise to help manage swelling and reduce the risk of recurrence. An acute cellulitis episode is generally treated as a health matter rather than an NDIS support.

Funded-client rates are the maximums set by each funder and may change. Please confirm eligibility and approvals with the funder before your first session.

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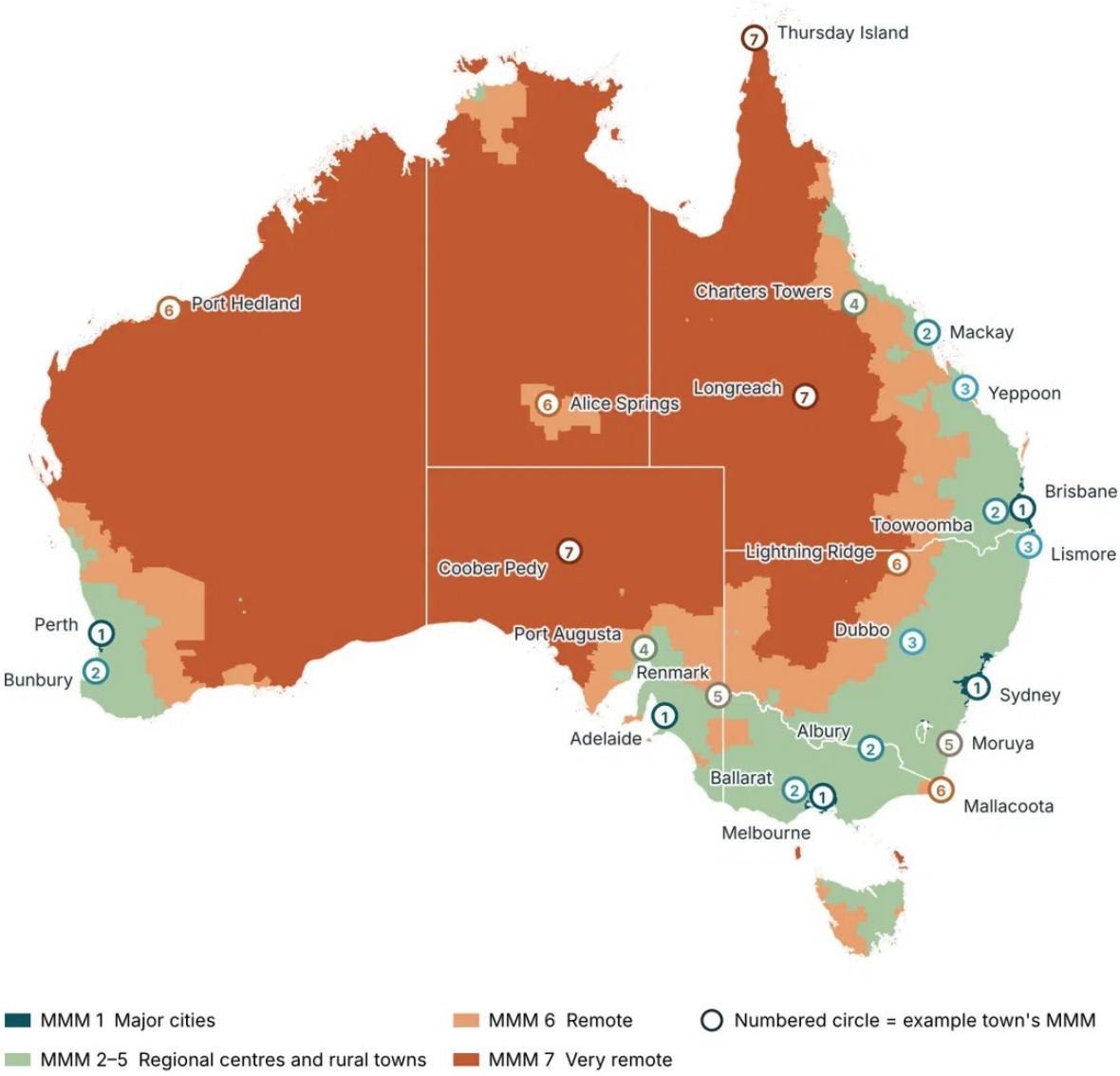
Which NDIS rate applies? Modified Monash Model areas

MMM 1 is metropolitan and MMM 7 is very remote. Remote and very remote areas carry higher NDIS limits.



MMM area	Area type	NDIS OT rate	NDIS EP rate
MMM 1–5	Major cities, regional centres, and large, medium and small rural towns	$193.99 per hour	$161.99 per hour
MMM 6	Remote communities (+40%)	$271.59 per hour	$226.79 per hour
MMM 7	Very remote communities (+50%)	$290.99 per hour	$242.99 per hour

Shading shows ABS remoteness areas, which MMM 1, 6 and 7 follow closely; regional areas are grouped as MMM 2–5. Numbered towns are examples from the Department of Health's MMM 2023 list. Boundaries are generalised, so check your exact address on the Health Workforce Locator at health.gov.au.

For telehealth, the NDIS price limit generally follows the provider's location. Remote and very remote limits apply to telehealth only where the participant agrees they give value for money. Report writing follows the provider's location limit. Please ask before your first session.

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CONNECTING REMOTE, RURAL AND REGIONAL AUSTRALIA