

ATMS Modality:

Nutrition

Definition of Treatment

Nutrition is the science of food, the nutrients in foods and how the body uses those nutrients. It includes the process of ingestion, digestion, absorption, metabolism, transport, storage and excretion of those nutrients. It also includes the environmental, psychological and behavioural aspects of food and eating. The six classes of nutrients include: carbohydrates, fats, proteins, vitamins, minerals and water.

Nutrition principles are applied throughout the life cycle from the time of conception to our later years for older adults. Areas of nutrition emphasis include pregnancy, infancy, childhood, adolescence, adulthood and the 'older' adult. The relationship between diet and health is strong. Diet is an important factor in heart disease, stroke, hypertension, cancer, diabetes mellitus and obesity.

Nutrition is also a concern for everyone as food and water safety, environmental contaminants, pesticides, food additives and biotechnology, the genetically modified foods in the marketplace. Hunger, malnutrition and food shortages are global environmental problems that are being investigated. Nutrition is a far reaching area of study that affects each and every one of us daily.



Naturopaths and Nutritionists are able to give advice on nutrition, diet modification and lifestyle. The assessment must include the development of a specific treatment plan as to the best course of treatment for the patient's condition/injury. This treatment plan forms the basis of the clinical notes. These notes must be consistent with the ATMS Code of Conduct, the Unregistered Health Practitioner Act and the additional requirements set by the health funds.

Health Fund	Educational Requirements	Provider Number
Australian Health Management	Completed, as a minimum, a 3 year full-time or equivalent course that complies with the government accredited Advanced Diploma of Nutritional Medicine (HLT61007) or later equivalencies. Qualifications completed by correspondence only and/or the clinical training not supervised will not be recognised. If practitioner holds overseas qualifications, they must at least equate to the required Australian qualifications.	Names of eligible ATMS members will be sent to AHM each month. Your ATMS Number will be your provider number, unless you wish to have online claiming. You will then need to contact AHM directly for the new provider number.
Australian Unity	Completed an Australian RTO Advanced Diploma of Nutritional Medicine (HLT61007) or later equivalencies or TEQSA approved Bachelor Degree course.	Names and details of eligible ATMS members will be sent to Australian Unity each month. ATMS members will need to contact Australian Unity on 1800 035 360 to register as a provider, after filling out the Australian Unity Application Form located on the ATMS website to activate their provider status. This only needs to happen the first time. Your ATMS number can be used as your Provider Number, or you can contact Australian Unity for your Australian Unity generated Provider Number.
CBHS Health Fund	Meets ATMS requirements.	Names and details of eligible ATMS members will be sent to CBHS each month. Your ATMS number will be your Provider Number.
Grand United	Practitioners need to apply directly and can contact health fund on 1800 249 966.	
HBF	Completed an Australian RTO Advanced Diploma of Nutritional Medicine (HLT61007) or later equivalencies or Bachelor Degree course.	Names and details of eligible ATMS members will be sent to HBF each month. HBF requires all providers who wish to register with HBF to fill out an application form available on the HBF website www.hbf.com.au . Once HBF approves the provider, they will generate provider numbers after they receive the first claim from your first HBF client.

Nutrition Health Fund Requirements cont.

Health Fund	Educational Requirements	Provider Number
HCF	Completion of an Australian Bachelor of Nutritional Medicine and must include an adequate component of supervised clinical training. Courses delivered online or by distance education will not be accepted.	Names and details of eligible ATMS members will be sent to HCF on a weekly basis. Your ATMS number will be your Provider Number.
Medibank Private	Completed, as a minimum, a 3 year full-time or equivalent course that complies with the government accredited Advanced Diploma of Nutritional Medicine (HLT61007) or later equivalencies. Qualifications completed by correspondence only and/or the clinical training not supervised will not be recognised. If practitioner holds overseas qualifications, they must at least equate to the required Australian qualifications.	Names and details of eligible ATMS members will be sent to Medibank Private on a monthly basis. Medibank Private generates Provider Numbers after receiving the list of eligible practitioners from ATMS. Medibank Private sends these provider numbers directly to your clinic address/es.
NIB	Completion of an RTO Advanced Diploma of Applied Science (Nutrition) or an Advanced Diploma of Nutrition (HLT61007) or later equivalencies.	Names and details of eligible ATMS members will be sent to NIB on a weekly basis. Your ATMS Number will be your provider number, unless your client wishes to claim online. Your client will need to contact NIB directly or search by your surname and postcode on the NIB website www.nib.com.au for your provider number for online claiming purposes.
Teachers Union Health	Meets ATMS requirements.	Names and details of eligible ATMS members will be sent to Teachers Union Health each month. Your ATMS number will be your Provider Number.