

POLAR Walkthrough- Identify patients who may benefit from a Menopause Assessment

From 1 July 2025, new menopause and perimenopause health assessment items will commence on the MBS. The new items will support general practitioners and prescribed medical practitioners to deliver targeted health assessment services to patients experiencing premature ovarian insufficiency, early menopause, perimenopause and menopause.

Please see this link for further information:

[https://www.mbsonline.gov.au/internet/mbsonline/publishing.nsf/650f3eec0dfb990fca25692100069854/aaf82019492e80d0ca258cab00090ef3/\\$FILE/PDF%20version%20-%20Menopause%20and%20Perimenopause%20Health%20Assessment%20items.pdf](https://www.mbsonline.gov.au/internet/mbsonline/publishing.nsf/650f3eec0dfb990fca25692100069854/aaf82019492e80d0ca258cab00090ef3/$FILE/PDF%20version%20-%20Menopause%20and%20Perimenopause%20Health%20Assessment%20items.pdf)

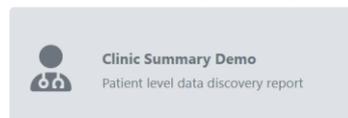
This walkthroughs will identify patients who may benefit from an assessment. You may also be able to identify other patients who are eligible.

- Female Gender Active/RACGP Active aged 40 years to 60 years
- Have an active diagnosis of Menopause/ Menopause related symptoms.
- Have not had an item 695 in the last 12 months at your Practice.

Step 1

Open POLAR under Reports select the Clinic Summary Report

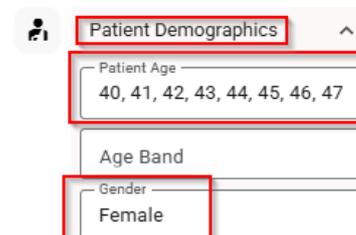
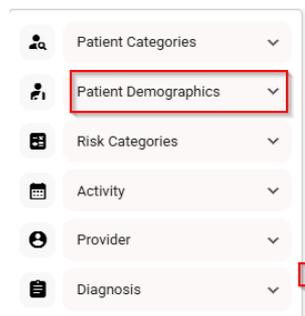
Polarexplorer.org.au/login



Step 2

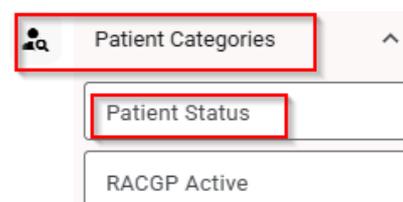
Using the ellipsis buttons open the filters and select Patient Demographics

Then select Patient Age and select all ages 40-60 then select female under gender.



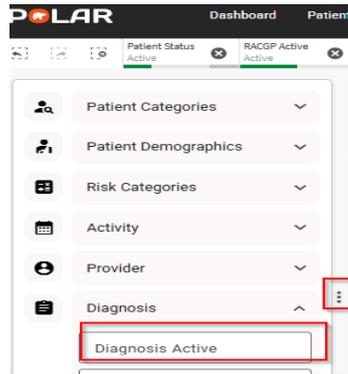
Step 3

Select Patient Categories then Patient Status Active. You may want to apply the RACGP Active patient status if you have large numbers.



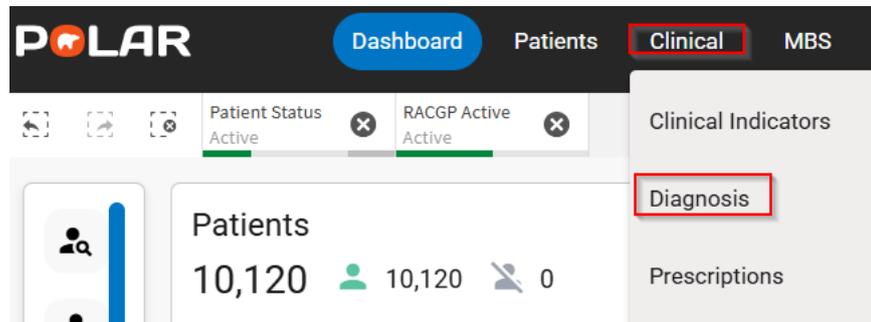
Step 4

Go back to the filter menu
Select Diagnosis filter
then select Diagnosis Active



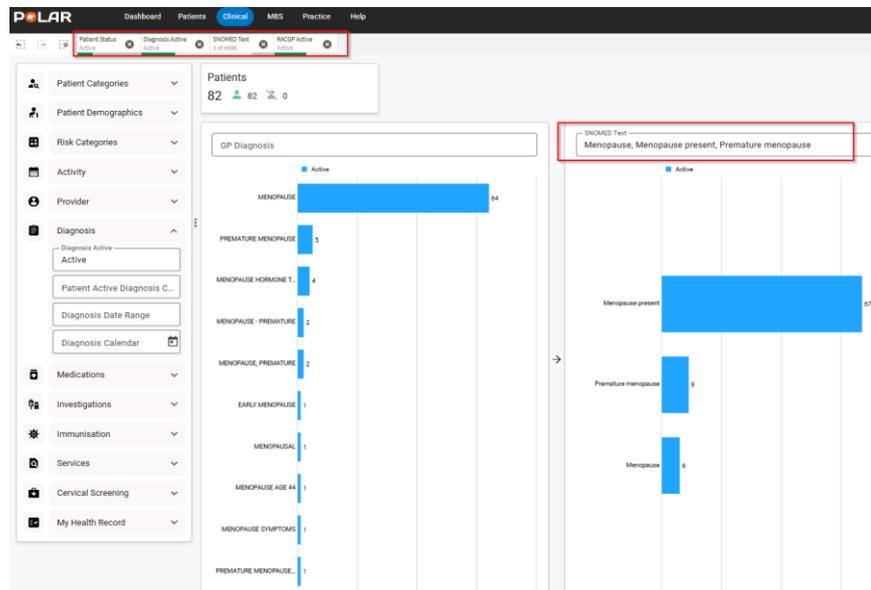
Step 5

Select Clinical then
Diagnosis



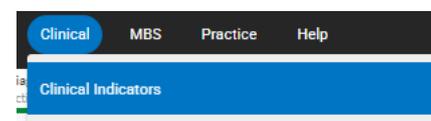
Step 6

Under the Column SNOMED Text type
Menopause in the search and select all
appropriate diagnosis.
Including pre/peri/early
onset menopause.



Step 7

Go to Clinical/Clinical
Indicators



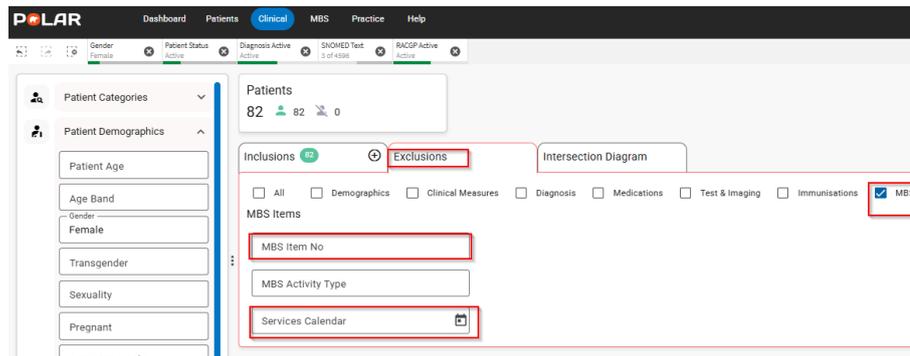
Select the Exclusion Tab then select MBS Items add 695 under the MBS Item and apply the dates for the last 12 months.

You now have a list of patients who are Active, RACGP active, female aged 40-60 years who have an active diagnosis of Menopause and have not had a item 695 in the last 12 months at your practice.

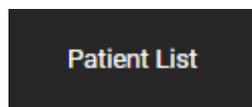
Select Patient List to view patient names

Select Export Data to export the Patient List to Excel

You can further sort by provider and print if needed



Note: In the beginning the dates may be greyed out as this is a new item number.



Where to get help

EMPHN general practice improvement & digital enablement:
digitalhealth@emphn.org.au.