


POLAR Walkthrough- Identify patients who are eligible for 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)

These walkthroughs will identify eligible patients:

- Female Gender Active/RACGP Active aged 40 years to 55 years
- Have an active diagnosis of Menopause/ Menopause related diagnosis
- Have not had an item 695 in the last 12 months at your Practice.

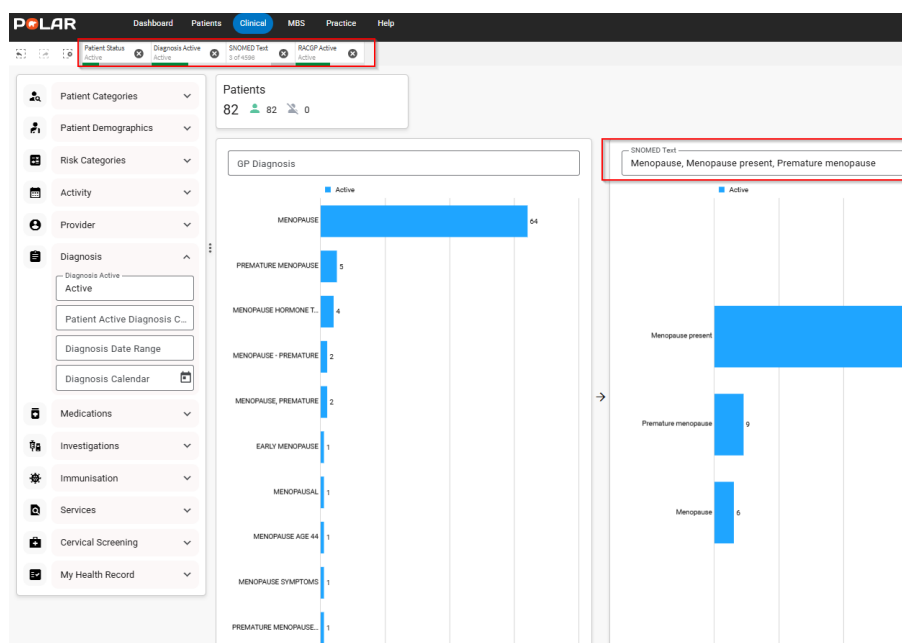
<div><div>Step 1</div><div>Open POLAR under Reports select the Clinic Summary Report</div></div>	<div>Polarexplorer.org.au/login</div> <div><div></div><div><div>Clinic Summary Demo</div><div>Patient level data discovery report</div></div></div>
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Step 5

Under Patient Demographics filter select Gender and then select Female.
Then select Patient Age and select all ages from 40-55 years.

Step 6

Under the Column SNOMED Text type Menopause in the search and select the appropriate items.



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 or since 1/7/25 when the item became available up until the current date.

You now have a list of patients who are Active, RACGP active, female aged 40-55 years who have an active diagnosis of Menopause and have not had a item 695 in the last 12 months at your practice.

Patient List

Export Data

Step 8

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



Where to get help

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