

Your Booking Guide 2026

Booking your first menopause consultation now takes three simple steps, and you can do it all from your phone in about 20 minutes.

[Visit the Purity Health homepage](#)

1 Fill in your new patient form

Go to intake.purity.health, or press "Book Your Consultation Today" on our website.

- Choose an **in person** appointment at our Harvey clinic, or a **video** appointment from home anywhere in Australia.
- Tell us about your health, your periods, your medications and what matters most to you.
- Rate how much each symptom is bothering you. This is your Menopause Symptom Score, and it helps me see the whole picture before we meet.

It takes about 15 minutes, and your answers save on your device as you go. When you press Send, your answers go straight into your secure patient file, which is stored in Australia and seen only by your care team.

2 Choose your time and pay

When your form is sent, press "**Choose my time and pay**" to open our booking page.

- Choose the same appointment type you picked in your form: **Initial Menopause Consultation, In Person** or **Initial Menopause Consultation, Video**.
- The full fee is paid by card when you book. You'll then receive a confirmation email and an invoice with the Medicare item number.

Important: please book with the same email address and date of birth you used in your form, so your answers link to your booking.

3 Your first consultation

Your first appointment is 30 minutes with me. **In person** appointments are on Monday and Tuesday mornings in Harvey. **Video** appointments run on other days: shortly before, you'll receive a text message with a link to join. There's nothing to install. For the best connection, use Wi-Fi and stay seated.

We'll talk through your symptoms and goals, and you'll leave with a plan made for you. I'll usually arrange a blood test, including testosterone, to review at your next appointment.

4 Your three-month review

About three months after your first consultation, we'll check in by video to see how you're going and adjust your plan. Book a **Health Check in, Video** using the "Existing patient? Book here" link on our website.

Fees and Medicare rebates

Appointment	Fee	Item	Rebate (if eligible)	Your cost after rebate
Initial consultation, in person (30 min)	\$320	695	about \$125.10	about \$194.90
Initial consultation, video (30 min)	\$320	91802	about \$125.10	about \$194.90
Health Check in, video (three-month review)	\$180	91801	about \$87.10	about \$92.90

You pay the full fee when you book, then claim your rebate with the invoice we email you, through the Medicare app or myGov. Medicare decides eligibility, and rebate amounts can change.

Blood test forms

Blood forms are usually emailed by Australian Clinical Labs, so please check your junk folder. The form is a password-protected PDF, usually opened with your date of birth. Links expire, so open it soon after it arrives.

Returning after a break

If it's been more than 12 months since your last appointment, please book as a new patient through **intake.purity.health**, so I have your up-to-date health information.

Contacting us

The quickest way to book is online at **www.purity.health**. For anything else, call (08) 9557 2600 or email **info@purity.health**. Please don't send personal health questions through Facebook, Instagram or WhatsApp.

Warmly, Dr Purity Carr and the team

[Back to purity.health](https://www.purity.health)

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