

# Shared Medical Appointment Weight Loss Program Description



**SMA (Shared Medical Appointment)** is a monthly group education, support and goal setting weight loss program. The program emphasizes supportive healthy lifestyle strategies that will aid your weight loss and better health management.

Participants will have a brief medical appointment with a weight management provider. The group is facilitated by a member of the Comprehensive Weight Management Program team. Patient is responsible to complete the prerequisites (see below) for this program.

## Times and Locations

### Dean West Clinic

Lower Level  
752 North High Point Road  
Madison WI 53717  
Time: 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup>, Wednesday, 8:00 - 9:30 AM  
Cost: \$97.00 per session

### Dean East Clinic

Lower Level/Occupational Medicine Dept.  
1821 S. Stoughton Road  
Madison, WI 53716  
Time: 3<sup>rd</sup> & 4<sup>th</sup> Tuesday 12:00 noon – 1:30 PM  
Cost: \$97.00 per session

## For More Information

Call (608) 824-4457 or (800) 808-1190. Or, email [weightmanagement@deancare.com](mailto:weightmanagement@deancare.com).

## Program Prerequisites

1. **Before** your first class you will need to make an appointment for a weight loss consultation with a Registered Dietitian to obtain the following prescription for weight loss:
  - i. Amount of calories per day
  - ii. Expected weight loss per week
  - iii. Recommended portion sizes
  - iv. Recommended vegetable & fruit servings
  - v. Recommended food record
2. Bring copies of your dietary prescription plan for weight loss from the registered dietitian to your first class.
3. You will be given a program description of "Fit For Life" so that you can schedule an appointment with a physical therapist to obtain the following:
  - I. Recommended type of exercise
  - II. Recommended amount of time/day and time/week.
  - III. Recommendation for accommodations you'll need to become active.
4. At your first SMA group program you are required to sign a confidentiality agreement group participation waiver form. You will also be asked to sign that you understand your program plan and commitment for SMA Weight Loss Program.
5. The program isn't an instruction program for bariatric surgery.

## Program Commitments

- Patient will attend one time per month.
- Patient will bring their weight loss plan to class each month.
- Patient will do physical activity at their ability and as prescribed by the Physical Therapist.
- Patient will lose weight according to the prescribed weight loss plan as prescribed by the Registered Dietitian.
- Patient will increase their intake of fruits and vegetables to 5 servings per day.
- Patient will complete food records weekly and bring records to their monthly appointment.
- Patient signs group confidentiality participation waiver form.
- Patient will be able to contact program staff during the month for additional support and information needs.

## Please Note

Participants are responsible for confirming insurance coverage and are responsible for services not covered by insurance.

Many insurance companies require surgical patients to attend monthly medical weight management for 6 months before pre-authorization for bariatric surgery.