

Shared Medical Appointment (SMA) at Fremont Rheumatology

What is Shared Medical Appointment (SMA)?

During a SMA, a group of patients are seen together in a group setting. Patients learn from the healthcare team and from each other. While an individual appointment typically lasts 10 to 15 minutes, a shared appointment is 60-90 minutes long, allowing patients to spend more time with the healthcare team. After the group visit portion, patients will be seen privately for individualized care for about 5-10 minutes. Note: SMA is similar to your regular office visit – we will track your vital signs, Height and Weight & update your health summary. The physician will change or renew prescriptions, order tests or procedures, and review test results, discuss medications privately etc.

How Shared Medical Appointment (SMA) Can Benefit You?

SMAs offer an innovative, interactive approach to healthcare that brings patients with common illness together with one or more healthcare providers. Typically 5-10 patients are seen together in a group setting that learns a new skill, encourages asking questions, and sharing concerns & experiences. SMAs have been piloted more than 10 years ago, it is now offered in various clinics eg. Cleveland Clinic, Kaiser, Palo Alto Medical Foundation.

Shared Medical Appointment (SMA) Topics:

Since 85% of chronic diseases, like arthritis, have four common contributing lifestyle factors: stress, sleep, nutrition and exercise, these will be the topics covered in our sessions. You will learn about WHY it is important to focus on these four areas to improve not only your arthritis pains, but your other chronic medical diseases, like high blood pressure, weight and diabetes. You will also work with your physicians to customize your healthy living plan: taking **“Small Steps Toward Success.”**

SMA requirements: In order to enroll, you will the following:

1. Time commitment: You are available on certain Wednesdays between 1:45pm and 4pm (you have to be here for about 2 hours!) **Dates for 2016: (2/17, 3/23, 5/4, 6/8,) (8/10, 9/14, 11/2, 12/7)**
if more than 10 patients signed-up, the second date with the same content may be available
3/30, 5/11, 6/15 8/17, 9/21, 11/9, 12/14
2. You need to have a Primary Care Physician (PCP), with no “active” medical problems or recent hospitalizations
3. You want to improve your lifestyle habits, & be able to participate in group activities – sharing your story in spoken English.

How much does a SMA cost? Although the SMA are more comprehensive and lasts longer than a traditional office visit, they are the same cost as your regular office visit. Your health insurance company will be billed as usual, and copays, deductibles or co-insurance will apply. If you would like for a family member to attend who is NOT a current patient here, there will be a cost to attend, as seats are limited; and the priorities are given to our current patients.



What other patients say about SMAs? (from other healthcare setting)

Most have been overwhelmingly satisfied with the program. They enjoy the opportunity to relate to other people who are dealing with similar health issues, share stories and ideas, learn from one another and truly create a bond.

SMAs are particularly valuable to people dealing with chronic conditions like asthma, diabetes and hypertension. Every patient has the opportunity to be a role model to someone else! For example, a 60-year-old arthritis patient got back on the treadmill after being motivated by a 10-year-old who was

successfully managing his arthritis out on the basketball court every day.

**If you are interested, please sign-up with any staff or contact us: Tel: 510-791-1300
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