

Shared Medical Appointment (SMA)

Weight Loss Program



Cleveland Clinic's shared medical weight loss program creates a supportive environment that combines individualized medical assessment and care, education, and peer support to guide your successful weight-loss journey.

The SMA program provides participants with these benefits:

- Increased time with your healthcare team
- Interaction and learning from other participants in the group
- Individualized medical care, including review of laboratory results, treatment of relevant health conditions and medication adjustments
- Condition-specific education and reinforced learning through collaboration with healthcare experts

Success in the program also offers the possibility of improving or resolving chronic weight-related conditions, such as Type 2 diabetes, high blood pressure, high cholesterol and sleep apnea.



WEIGHT LOSS PHASE

During the weight loss phase of the program, you will meet once a month for several months depending on your health goals. Sessions are held virtually. Each group consists of about seven individuals and is navigated by your physician or nurse practitioner with customized medical care.

Each session ranges from 60 to 90 minutes and includes an educational presentation on topics such as:

- Exercise, nutrition, stress and sleep
- Weight plateaus and weight regain
- Discussion on the use of anti-obesity medication



MAINTENANCE PHASE

Participants who are in weight maintenance meet periodically for one year based on individual progress. Sessions are held virtually and navigated by a physician or nurse practitioner. Each group consists of about seven individuals. Each 60-minute session includes a customized treatment plan and educational presentation focusing on topics such as:

- Strategies to prevent weight regain
- Healthy nutrition
- Cardio and resistance training



HOW TO ENROLL

To enroll in the program, start by letting your medical weight management physician or nurse practitioner know that you would like to join. You will then receive a MyChart message with program details and enrollment instructions.