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| shared medical appointmentA Shared Medical Appointment is a group visit with people who share similar health and lifestyle matters. An advantage of coming together as a group is that everyone can learn from each other. Research shows that people who are knowledgeable and confident in keeping themselves well, enjoy a better quality of life and better health overall. Up to 8 -10 people can attend a shared medical appointment and is generally, 60-90 minutes long. Any information discussed and shared at the appointment will remain confidential within the group.  |
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| supporting healthy lifestyles and wellbeing60 – 90 minute appointmentYou are welcome to Bring a support person along |
|  |
| Practice name hereAddressPhone No.Website addressOpening hours8.30am – 6pm |

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What do I need to do before my shared medical appointment?

Your nurse will let you know if anything needs to be completed before your appointment.

How do I book an SMA appointment?

A member of your health center team will contact you about a shared medical appointment.

How much will the appointment cost?

A usual consultation charge will apply for the 60 – 90-minute appointment