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| |  | | --- | |  | | shared medical appointment  A 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. | |  | |  | |  | | --- | | supporting healthy lifestyles and wellbeing60 – 90 minute appointmentYou are welcome to Bring a support person along | |  | | Practice name here Address  Phone No.  Website address  Opening hours  8.30am – 6pm | |

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