

Shared Medical Appointments (SMAs)



What is a Shared Medical Appointment?

A Shared Medical Appointment (SMA), also called a group visit, is a medical appointment where several patients with similar health conditions will meet with a clinician and care team. Each patient still receives individual medical care, while also benefiting from group education and discussion.

Why Participate in an SMA?

- More time with your care team than a traditional visit
- Learn from others who have similar conditions or questions
- Ask questions and hear answers you may not have thought of
- Supportive environment that encourages motivation and self-care
- Same quality medical care as an individual appointment

What Happens During an SMA?

- A clinician leads the visit with support from nurses, educators, allied health/specialists, or pharmacists
- General education is provided on managing your condition
- Patients may ask questions and share experiences (sharing is always optional)
- The clinician may address individual medical needs during the session
- Prescriptions, referrals, and care plans can still be provided

Privacy and Confidentiality

- Your medical information is protected under the same privacy laws as individual visits
- All participants are asked to respect each other's privacy
- You may choose how much personal information you share

Who Can Attend?

- Patients invited by their healthcare provider
- Individuals with similar relevant health concerns (such as diabetes, chronic pain, prenatal care, or lifestyle management)
- Support persons may attend only if approved in advance

What SMAs Are Not

- Not a support group without medical care
- Not a replacement for urgent or emergency visits
- Not mandatory, you can still request individual appointments

How Long Is an SMA?

- Typically, 60–120 minutes, depending on the topic and group size

Preparing for Your Visit

- Bring a list of questions or concerns
- Bring your medications or an updated medication list
- Arrive on time to get the most benefit from the session

Is There a Cost?

- The initial consultation is a bulk billed appointment.
- Subsequent sessions are \$150, with \$84.90 rebate
- The out-of-pocket cost is \$65.10

Questions?

If you have questions about Shared Medical Appointments, please talk with your healthcare provider or clinic staff.

Your participation is an opportunity for a different paradigm in health, focussing on individual needs in a GP setting. Our goal is to provide high-quality, respectful, and patient-centred care.