



# Eating Well for Optimal Health

Shared Medical Appointment (SMA)

*Formally known as Trim Life*

## What is Eating Well for Optimal Health SMA?

Eating Well for Optimal Health SMA is a six-week integrative shared medical appointment for weight management that encompasses body, mind and spirit to help you achieve your goals. You will learn how to develop a healthier relationship to food, learn the difference between body hunger and stress eating, and effectively address food cravings and binge eating. This is a medical appointment facilitated by a physician in conjunction with a mind-body therapist and yoga therapist to provide a comprehensive approach to management of weight and other common conditions such as diabetes and hypertension.

Benefits of Eating Well for Optimal Health SMA include:

- Sustainable weight loss with lifestyle changes
- Improved blood pressure, blood sugar, and cholesterol
- Effectively eliminate sugar and other food cravings
- Reduced stress and anxiety
- Greater self-empowerment
- Improved mood
- Better sleep
- More energy

## What can I expect from Eating Well for Optimal Health appointments?

Eating Well for Optimal Health SMA is a series of six weekly, 3 hour, group medical appointments. In these appointments, you will learn medical strategies for weight loss along with mind-body practices such as mindfulness, relaxation and coping skills, and guided imagery. You will also learn a set of tools to use daily to address the urge to eat for reasons other than hunger. As you become more mindful, it will be easier to make healthy food choices. This is not a diet, it is a lifestyle change. The goals are to stop the pattern of yo-yo dieting, food restriction, and using food to deal with stress. You will learn how to identify what is weighing you down, meet your emotional needs in healthy ways, and stop emotional eating. You will learn how to meet your needs in healthy ways and to make self-care a priority. Weight release is a natural by-product of this process.

## How can mindfulness and guided imagery help?

Guided imagery is a natural way of processing thoughts in a focused state of attention. Imagery enables you to use your imagination to help you reach a state of inner calm. In this

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frame of mind, you are better able to identify, address, and resolve the thoughts, feelings and beliefs that contribute to poor food choices. The mindfulness practices and guided imagery taught in this SMA will enable you to change old patterns of thinking and behaving, including unhealthy eating patterns.

#### How does Guided Imagery help to manage weight?

A mind-body therapist will use guided imagery in the Eating Well for Optimal Health SMA medical appointments to achieve the following:

- Identify unhealthy eating patterns
- Create a healthier approach to food and other lifestyle choices
- Remove the desire for specific foods that sabotage weight loss
- Reduce sugar cravings
- Imagine a smaller stomach so less food is needed to feel satisfied
- Create a deeper state of inner calm and quiet

#### How will I be able to maintain my progress after six weeks?

There are Eating Well for Optimal Health SMA follow-up appointments at regular intervals during the year and several other wellness services, both in the individual and group setting that are available to help you stay on track. In addition, you will receive a set of materials that you can refer back to at any time.

#### Is Eating Well for Optimal Health SMA covered by insurance?

Shared medical appointments are covered by most insurance plans. Patients are responsible for insurance co-pays at the weekly appointments, and for a small one-time charge for materials. There is no co pay for Cleveland Clinic Employees.

#### Where is Eating Well for Optimal Health SMA offered?

This SMA is available at the Center for Integrative and Lifestyle Medicine in the serene environment at the Cleveland Clinic's Lyndhurst campus. It is also being offered at other Cleveland Clinic Family Health Centers within the region.

For more details and to schedule your appointments, call the Cleveland Clinic Centers for Integrative and Lifestyle Medicine at [216.448.4325](tel:216.448.4325) option 4 or email [cim@ccf.org](mailto:cim@ccf.org).

For additional information about Shared Medical Appointments, visit [clevelandclinic.org/wellness](https://clevelandclinic.org/wellness).