



TANYA I. EDWARDS, MD, CENTER FOR INTEGRATIVE AND LIFESTYLE MEDICINE



Cleveland Clinic Lifestyle Essentials

Shared Medical Appointments

Cleveland Clinic Lifestyle Essentials shared medical appointments can help you improve your health and well-being through lifestyle changes. You may be eligible to join us for our series of seven appointments, held every other week, if you have a diagnosis of:

- Hypertension
(high blood pressure)
- Hyperlipidemia
(high cholesterol/high triglycerides)
- Prediabetes (impaired fasting glucose)
- Type 2 diabetes

What is Lifestyle Medicine?

Lifestyle Medicine is the use of nutrition, exercise, stress management and other lifestyle interventions as the primary therapeutic tool to help prevent or manage chronic diseases. This is important because research shows that 80 percent of chronic diseases are caused by an unhealthy diet, tobacco use, lack of physical activity, poor stress management and other lifestyle choices. Simple modifications in diet, activity and stress management can often create lasting positive changes.

What are Shared Medical Appointments?

Shared medical appointments are sessions in which knowledgeable providers address a group of patients with similar health concerns. Patients often receive more information than they would in a conventional appointment because:

- They spend 90 to 120 minutes with the healthcare provider
- They learn from other people's questions and comments
- The atmosphere is relaxed and supportive



What can I expect from Lifestyle Essentials shared medical appointments?

Lifestyle Essentials shared medical appointments are designed to help you adopt lifestyle practices that lead to optimal self-care. Each session will address one key lifestyle feature of a chronic disease. Discussions and practical experience will focus on lifestyle changes that positively impact health, as you learn:

- How to transition to healthy eating
- How to safely increase physical activity
- How to recognize and manage stress

Will I have to leave my primary care physician?

No, you will keep your own primary care physician and health-care team. During the program, lifestyle medicine physicians will work with your primary care team to focus on the lifestyle-related aspects of your condition.

How will I maintain my progress at home?

After each session, you will be given a limited set of key practices to implement into your daily life. Needless to say, regular practice leads to lasting lifestyle modifications that promote health.

Are Cleveland Clinic Lifestyle Essentials shared medical appointments covered by insurance?

Shared medical appointments are covered by most insurance plans. Participants are responsible for insurance co-pays for each session. There is a one-time program fee for materials.

Where are Lifestyle Essentials sessions conducted?

Cleveland Clinic Lifestyle Essentials appointments are offered in the Tanya I. Edwards, MD, Center for Integrative and Lifestyle Medicine at the Wellness Institute, in the serene surroundings of Cleveland Clinic's Lyndhurst campus.

For more information about Lifestyle Essentials, visit clevelandclinic.org/wellness.