



Shared Medical (i.e., Group) Visit for the WatchWT Nutrition Education Session

Introduction:

The purpose of the group medical visit is to educate overweight and obese patients on basic nutrition principles using a tailored message based from each patient's individual metabolic rate. The Shared Medical Visit (SMV) should take approximately 30-45 minutes and have a minimum of five patients and a maximum number of fifteen patients.

The following handouts are helpful for educating the patient during and after the SMV:

- Obesity & Your Health
- Calorie Balance Equation
- Metabolism 101
- Factors that affect metabolism
- Nutrition 101
- Portion Size: Size Matters
- "Your Personalized Weight Management Program" report from MedGem Analyzer
- Deciphering Label Lingo!
- Splurge You Decide
- WatchWT 5-Day Food/Activity Journal

Outline:

The following outline should help the medical and health provider on delivering the GMV within a 35-45 minute time period. For additional assistance in designing your group visit program refer to the *A Guide to Conducting Shared Medical (i.e., Group) Visits* located in this binder.

- I. Class Introduction **(2 minutes)**
- II. Obesity and Your Health **(5 minutes)**
 - A. Obesity & Your Health
 - B. *Page 2 of Personalized Weight Management Report*
- III. Basic Nutrition Concepts **(5-Minutes)**
 - A. Nutrition 101
- IV. Metabolism Concepts **(5-minutes)**
 - A. Metabolism 101
 - B. Key factors affecting metabolism
 - C. Page 1 of Personalized Weight Management Report
(Section: Is My RMR Good or Bad?)
- V. Energy Balance & Individualized Nutrition Plan **(15 minutes)**
 - A. Calorie Balance
 - B. Pages 1 & 3 of Personalized Weight Management Report
 - C. Deciphering Label Lingo
 - D. Portion Sizes: Size Matters
 - E. Splurge You Decide
- VI. Self-Management **(5 minutes)**
 - A. Page 4 of Personalized Weight Management Report (MiHealthLog).
 - B. WatchWT 5-Day Food/Activity Journal
- VII. Questions and Answers **(5-10 minutes)**