

Maine Medical Center Group Medical Visits Typical Agenda

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| 3:30pm | ✓ Welcome, Introductions & Plan for the Day |
| 3:35-3:45 | ✓ Report on Action Plans |
| 3:45-4:15 | ✓ Presentation |
| 4:15pm | ✓ Clinical Breakout with Physician |
| 4:15-4:30 | ✓ Question & Answer Session |
| 4:30-5:00 | ✓ Self Management Tips
✓ New Action Plans
✓ Future Planning |
| 5:00pm | ✓ Close |

Basics of a Successful Action Plan

1. ***Something YOU want to do***
2. ***Reasonable (something you can expect to be able to accomplish that week)***
3. ***Behavior-specific (losing weight is not a behavior; not eating after dinner is)***
4. **Answers the questions:**
 - ✓ **What?**
 - ✓ **How much?**
 - ✓ **When? (think about your day/week-which days, times, etc...?)**
5. **Confidence level of 7 or more (that you will complete the entire contract)**

Problem-Solving Steps

1. Identify the problem (*this is the most difficult and most important step*)
2. List ideas to solve the problem
3. Select one method to try
4. Assess the results
5. Substitute another idea if the first didn't work
6. Utilize other resources (*ask friends, family, professionals for ideas if your solutions didn't work*)
7. Accept that the problem may not be solvable now

HIPAA Notice

During a Group Medical Appointment, it is possible that some of my personal health information will be disclosed. For example, at a Group Visit for Diabetes, it might be assumed that everyone attending has diabetes. Discussions may occur regarding personal health information during a group visit. I have been notified of this potential disclosure and I wish to participate in a group medical visit. I realize that I have the option of being seen individually.

Signed _____

Date _____

Maine Medical Center

Confidentiality Agreement:

As group medical visits involve patients disclosing private medical and social information, all participants during a group medical visit, whether the direct patient or an accompanying family, must agree to respect the privacy of all information and keep such information confidential. By signing this confidentiality agreement, I assume the responsibility for keeping all information confidential.

Name

Signature

Date

Maine Medical Center

Medical Waiver:

Group medical visits is a form of a medical appointment. Hence by participating in a group medical visit, the patient assumes responsibility for the cost of the medical services provided and any copays involved. By signing this form, I assume the responsibility of paying for my group medical visit, and agree to pay and copays and all costs associated with this medical appointment.

Signature

Date