Group Medical Visits

Group medical visits offer an innovative and interactive approach to healthcare that brings patients with common healthcare needs together with one or more healthcare providers. Led by a physician, health psychologist or advanced practice provider, each visit lasts 60-90 minutes and allows patients to share as much or as little information as they like. Patients learn from each other while also learning about the key ingredients needed to live a healthy life. We explore self-management skills for lifestyle and behavioral changes, as they relate to specific medical problems including:

- Risk factors for heart disease such as high blood pressure, high cholesterol, diabetes and pre-diabetes, obesity
- Anxiety, depression and stress
- Arthritis
- Pain

Each visit will include a brief physical exam with a physician. Regular office charges will be submitted to your insurance provider. Co-payments and/or co-insurance may apply, depending on your specific health plan. Please check with your insurer regarding coverage.

Explore Our Current Offerings

Relaxation and Stress Reduction: Building Resiliency
Monday, May 7 – June 18 (no class May 28) ■ 7:30 to 9 am

This session teaches skills to find your own capacity for managing stress by learning to activate the Relaxation Response. Explore how stress manifests in the body and affects the nervous system, hormones and musculoskeletal system. Patients will learn about the evidence regarding different awareness practices and how they can support our health, reduce our stress, and promote resiliency. This is an introduction to mindful awareness, (mindfulness). Other practices include deep breathing, gentle yoga, guided imagery, and progressive muscle relaxation.

Visit uwhealth.org/tacwellness or call (608) 440-6600 for more information or to register.

Healing Waters for Pain
Thursday, May 10 – June 21 (no class May 24) ■ 7:30 – 9 am

Offering supportive therapy for people struggling with chronic pain (i.e. arthritis, back pain, fibromyalgia, etc.), healing waters is an introduction to mindful movement in a warm water pool. The 93 degree temperature will help to relieve pain and stiffness, while buoyancy supports the body and lessens strain on the joints and the spine. Water resistance enables a gradual improvement in flexibility, strength, and stamina, and is appropriate for all fitness levels.

Visit uwhealth.org/tacwellness or call (608) 440-6600 for more information or to register.

Take charge of your health and contact us today at (608) 440-6600 to schedule a complimentary Wellness Intake.

Continued on back
Kitchen Wisdom: Cooking, Eating and Living Well

Thursday, May 10 – June 21 (no class May 24) ■ 10:30 am-12:15 pm

The focus of this five week session is on developing healthy eating and cooking habits in a hands-on supportive environment. You’ll gain confidence in the kitchen and learn how eating well can be an additional “medicine” for chronic conditions.

Our weekly group sessions will help you:

- Learn basic cooking techniques using wholesome ingredients
- Prepare nutritious and satisfying recipes (and take leftovers home)
- Explore the health benefits of different foods and learn how to build a balanced diet
- Learn the principles of the Mediterranean and anti-inflammatory eating plans
- Practice mindful awareness as a foundational skill in the kitchen

Visit uwhealth.org/tacwellness or call (608) 440-6600 for more information or to register.

Knee and Hip Osteoarthritis (OA) Group

Thursday, May 3 – June 7 ■ 3-4:30 pm

The focus of this 6 week Group Medical Visit is on the management and treatment options for knee and hip OA. Each week will include topics relating to the management of knee and hip OA, exercises appropriate for all patients and a healthy snack.

Patients need a previous diagnosis of OA to attend and will need an individual clinic appointment prior to joining the group.

To register for this group, please call (608) 263-7540, select option #1 to schedule an initial evaluation (if you have not been seen in this clinic already) or to schedule into the group medical visit if you are a current patient.

4602 Eastpark Blvd. Madison, WI 53718

If this is your first visit, park near and enter through the clinics entrance. Reception staff will be available to assist you in checking in for your appointment.