**The Power of Synergy: Stronger Together**

Alaska Special Diabetes Program for Indians
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**Group Medical Visits**

Group Medical Visits (GMVs) are an innovative way to provide comprehensive care for people with chronic disease. Attendees receive the highest level of medical care from a provider, a pharmacist, a dietitian, and other specialists, while most importantly they are able to learn from each other about their shared diagnosis.

**Group Education**

Group Education offers camaraderie from peers and support from health care professionals. Participants engage with each other and ask questions that the facilitator may not have thought to discuss. Participants feel confidence in knowing that there are others with diabetes. They find motivation to achieve the goals set with their peers.

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**Why Group Sessions?**

Group Sessions are a powerful method of enhancing people’s self-management strategies, increasing patient satisfaction, and helping to improve health outcomes.

- An extraordinary medical experience
- Peer to Peer learning
  - Camaraderie
- Provide support for long-term self efficacy
- Increased access to care

**For Patients:**

- An opportunity for fulfilling professional encounters

**For Providers:**

- Improved provider efficiency
- An opportunity for fulfilling professional encounters

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**What do people say?**

Groups Sessions are a way to revitalize and invigorate chronic care for everyone.