

Weight Management Podcast Journal Club

CloudCME ID: 2375

Text ID to: 844-939-3950 (your email must be paired)

DATE: January 23, 2026

TIME: 7:00 AM - 8:00 AM

LOCATION: Systemwide - Virtual Teams

TOPIC(S) OR TITLE: Weight Management Podcast Journal Club - 1/23/2026

FACULTY:

Juan Jose Blondet-Teixeira, MD

Bariatric/General Surgery

Allina Health

Jayson Dock, MD

General/Bariatric Surgery

Allina Health

	Gender	Age of Patient	Condition/Topic
1			
2			
3			
4			
5			

OVERVIEW/PURPOSE STATEMENT:

The Allina Health Weight Management Attia Podcast Series is held monthly. The Weight Management Medical Director selects a monthly research article or podcast related to whole person care, obesity, bariatric or lifestyle medicine. This new knowledge provides an opportunity for weight management providers to collaborate and gain deeper knowledge and understanding of medical topics impacting the patient population of the program. Outcomes of these discussions include direction to the clinical care team on the individualized patient plan of care. It also results in new or updated patient education materials or changes to program standards of care. This conference is designed for bariatric surgeons, surgical PAs and medical weight loss physicians and advanced practice providers.

OBJECTIVES:

- 1 Review the most up to date clinical and scientific publications providing information regarding optimal management approaches as it relates to weight loss and weight loss maintenance.
- 2 Support a teambased approach to optimize care, provide more patientcentered care and coordinate necessary resources.
- 3 Describe how to engage patients in whole person care based on program standards developed during the review of podcast content.

ACCREDITATION AND DESIGNATION STATEMENT:

Allina Health is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. The individual is responsible for determining whether this activity meets the requirements for acceptable continuing

Regularly Scheduled Series

Continuing Medical Education (CME)



education for their discipline. In addition, you may be required to provide proof of attendance to the board upon request such as certificate, handout, agenda, etc. You should claim only those hours spent in the educational program.

Physicians: Allina Health designates this Journal-based CME activity for a maximum of 1.00 *AMA PRA Category 1 Credit(s)*TM. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Non-Physicians: Allina Health designates this Journal-based CME activity for a maximum of 1.00 *AMA PRA Category 1 Credit(s)*TM.

Minnesota Board of Nursing: This activity has been designed to meet the Minnesota Board of Nursing continuing education requirements for 1.00 hours of CEU. Nurses should only claim credit commensurate with the extent of their participation in the activity.

DISCLOSURE POLICY AND STATEMENTS:

Allina Health, Office of Accreditation intends to provide balance, independence, objectivity, and scientific rigor in all of its educational activities and will adhere to the ACCME's Standards for Integrity and Independence in Accredited Continuing Education. The ACCME defines an ineligible company as "any entity" whose primary business is producing, marketing, re-selling, or distributing health care products/services used by or on patients. The ACCME does not consider providers of clinical service directly to patients to be commercial interests - unless the provider of clinical service is owned, or controlled by, an ACCME-defined ineligible company.

Any individual in a position to control the content of a CE activity, including faculty, planners, reviewers, or others are required to disclose all relevant financial relationships with ineligible entities (commercial interests) that have existed WITHIN THE LAST 24 MONTHS, even if it has now ended. All relevant financial relationships/conflicts of interest have been mitigated prior to the commencement of the activity.

Name of individual	Individual's role in activity	Nature of Relationship(s) / Name of Ineligible Company(s)
Juan Jose Blondet-Teixeira, MD	Faculty, Other Planning Committee Member	Nothing to disclose - 12/19/2025
Mikayla Carey Weathers, Other	Activity/Series Coordinator	Nothing to disclose - 11/21/2025
Jayson Dock, MD	Faculty, Lead Physician	Consulting Fee-Intuitive Surgical, Inc - 12/30/2025
Deborah Vanderhall, RN	Nurse Planner	Nothing to disclose - 12/07/2025

PLEASE SAVE, THIS FLIER SERVES AS YOUR CERTIFICATE OF ATTENDANCE FOR THIS SPECIFIC DATE.

Signature & Credentials: _____
My signature verifies that I have attended the above stated number of hours of the CME/CEU activity.