Better Choices, Better Health was developed by Stanford Patient Education Research Center.

Used by more than 14,000 individuals over more than ten years; proven effective to help individuals who are Living with Chronic Conditions.
Interactive Six Week Workshop

Evidence-based protocol drives an engaging multi-dimensional user experience.

- Guided Lessons
- WEEKLY TOPICS
- Action Planning
- Moderated Discussions (Weeks 2-6)
- Repeats for 6 weeks
## Workshop Topics

Workshop addresses key behaviors not addressed in traditional programs

<table>
<thead>
<tr>
<th>Foundational</th>
<th>Supporting</th>
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</thead>
<tbody>
<tr>
<td>Self-Management Principles</td>
<td>Difficult Emotions</td>
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<tr>
<td>Goal Setting / Action Planning</td>
<td>Physical Activity</td>
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<tr>
<td>Relaxation</td>
<td>Weight Management</td>
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<td>Pain Management</td>
<td>Fatigue Management</td>
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<td>Problem Solving</td>
<td>Sleeping Well</td>
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<td>Communication</td>
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<td>Medications</td>
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<td>Evaluating Treatment Plans</td>
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<td></td>
<td>Depression</td>
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<td></td>
<td>Working with Healthcare Team</td>
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</tbody>
</table>
1,299 person study (digital=1000) conducted with Anthem. Two peer-reviewed articles

1. Decreased A1C 0.93% at 6 months and 1.27% at 12 months (For those A1C≥9% at study start)
2. Improved Depression Symptoms
3. Decreased Frequent Hypoglycemic Symptoms
4. Improved Medication Adherence
5. Increased Exercise 43 minutes Per Week
Get Ready to Start

Workshop Start Date
Friday, July 15, 2016

PREPARE FOR THE WORKSHOP

- Take a Self-test
- Complete your profile
- Watch the tutorial

WORKSHOP MEMBERS

Sally R. About me

Facilitator #2
Not joined

“I can name every visible constellation in the night’s sky.”
Hi Muriel, here’s what you need to do this session

Start with your first lesson (20 minutes) about the Mind and Body Connection, Problem Solving and Action Planning.

Start Session 2 Lesson

GET STARTED
Next Steps

Session 2

Congratulations Aure! You’ve completed Session 2

Read Session 2 Lesson
Create an Action Plan

View Lesson
Edit My Plan

Here are some other things you might want to do

Create a post in the discussion center
Read chapters 2-5 of your text book

Get Started
Get Started
Example of Lesson

Cholesterol Quiz

Click on the foods that are low fat and foods with good fats

Coconut oil, Olive oil, Ground Meat, Avocados

Low Fat Milk, Nuts, Butter/Margarine, Cheddar cheese, Skinless chicken

CONTINUE
Session 2 Action Plan Board

This session, you will...
Eat 1 cup of fruit each day

Confidence Level 7

0 people commented 3 people gave support

Type your comment

WHAT MY GROUP IS DOING THIS WEEK

Lex White
Eat 1 cup of fruit each day

Confidence Level 7

1 person commented 3 people gave support

Type your comment

Sally R.
Maecenas eros erat, semper at ornare id, commodo mattis libero. Class aptent taciti sociosqu ad litora torquent per conubia nostra, per inceptos himenaeos.

Posted 5 days ago Flag this comment

Type your comment

Aure Giron
Exercise 3 times this week

Confidence Level 7

0 people commented 0 people gave support

Type your comment
Celebration Board
**Workshop Information**

### Aure Gimon

**User Information**
- **Name:** Aure Gimon
- **Joined since August 2016
- **Likes Received:** 146
- **Topics Created:** 2
- **Replies Made:** 9

**Session Information**
- **Session 1:** 60% Complete
- **Session 3:** 100% Complete

**Profile Information**

#### PUBLIC PROFILE

- **Visible to all users:**
  - **One interesting thing about me:** "I can name every visible constellation in the night's sky."
  - **Hometown:** Los Angeles
  - **Chronic Condition:** High Blood Pressure

#### PRIVATE PROFILE

- **Not visible to all users:**
  - **Street Address:** 123 Main St. #1000
  - **Los Angeles CA, 90014**
  - **Email:** aure@aure.com
  - **Phone Number:** 213.123.1234

**Self-Test Results**

<table>
<thead>
<tr>
<th>Condition</th>
<th>Score</th>
<th>What does this mean?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Long Term Conditions</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pain</td>
<td>10</td>
<td>For you pain is probably a major problem. A good place to start is with the pain self-management tool. You should also let your doctor know about your pain level. You may need some medication or change in medication. By the way, are you taking your meds as prescribed? If not, this might help. The good news is by working at it day by day you can do a lot to reduce your pain. [Read less]</td>
</tr>
<tr>
<td>Fatigue</td>
<td>6</td>
<td>Fatigue is probably an import concern. You might want to start with the fatigue management tool. The good news is by working at [Read more]</td>
</tr>
<tr>
<td>Physical Limitations</td>
<td>0</td>
<td>You have a few problems with physical limitations. Look at the exercise tool. See some suggested exercises for your specific [Read more]</td>
</tr>
<tr>
<td>Health Worries</td>
<td>5</td>
<td>You have some worries about your long term health conditions. This is not unusual. You might want to start with the tool on dealing [Read more]</td>
</tr>
<tr>
<td>What do you do for fun?</td>
<td></td>
<td>You answered this question positively, go on to the next part.</td>
</tr>
</tbody>
</table>