

Will insurances cover it?

The cost is \$60 for the entire series or \$15 per session, which may be reimbursed to you by your health plan upon successful completion of the series. Payments can be made with MC/VISA or check/cash during sign up or via mail before the start of the series. You may also pay at the session with exact cash or check only.

How to sign up?

Call 812-4091 to sign up or for more information.



**Choose to
Change Series**

**Learn how to get
the most out of your life.**



Chronic conditions such as diabetes, heart failure and coronary artery disease are among the leading causes of death and disability in the United States. These conditions also cause major limitations in daily living for nearly one out of 10 Americans.

If you have a chronic condition, you have a lot of control over the quality of your life. Seeing a doctor on a regular basis, taking medicines as instructed, eating a healthy diet, being physically active and not using tobacco can improve your overall health. *Choose to Change* is designed to teach you how to get involved in your own care.

You will learn:

- How to take an active role in improving your lifestyle, health and mental well-being
- Different resources, skills, and action planning to give you a sense of greater control over your chronic condition
- How to communicate with your doctor and care team
- How to get started with healthy eating and physical activity
- How to get more out of life

What is *Choose to Change* series?

Choose to Change is a series of six, 1 1/2 hour interactive sessions designed to help people with chronic conditions learn ways to self-manage their condition and take control of their life and health.

What is Chronic Disease Self-Management?

Self management is practicing the skills you need to live an active and emotionally satisfying life in the face of a chronic condition. People who learn and use self-management skills tend to feel better, are less limited by their illness, and may spend less time at the doctor or in the hospital.

Who is *Choose to Change* for?

This course is for individuals with a chronic condition such as diabetes, heart failure and coronary artery disease. Participants may be referred by their health care provider or may self-refer. The program is not limited to patients of WellSpan Health or any specific health plan.

Who leads *Choose to Change*?

The sessions are facilitated by trained health coaches, who may or may not have a healthcare background; rather, their expertise is in connecting with people and helping them to set and achieve their goals.

Where will *Choose to Change* be held?

The six-week series is scheduled throughout the year at locations in York and Adams counties. Follow-up sessions are also available, depending on participant interest, to assist individuals with achieving and maintaining their goals.