

# HEALTHY LIVING WITH CHRONIC CONDITIONS WORKSHOP

- FEEL BETTER
- LIVE HEALTHIER
- IMPROVE THE WAY YOU MANAGE SYMPTOMS
- DO MORE THINGS YOU ENJOY



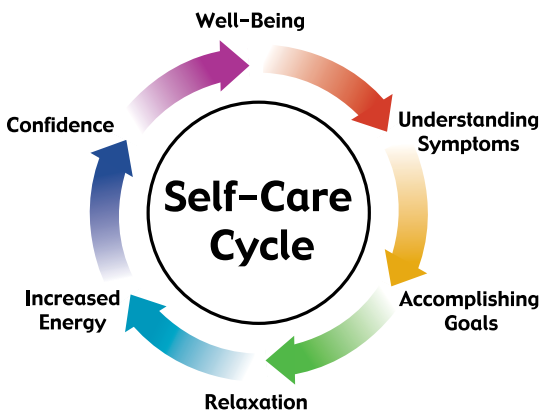
**EmblemHealth**<sup>™</sup>



## ABOUT THE HEALTHY LIVING WORKSHOP

If you have a chronic condition, chances are you experience fatigue, discomfort, stress, frustration or even anger and depression. EmblemHealth has a program for our EmblemHealth, GHI and HIP members with ongoing health concerns. The program teaches techniques that not only help you cope with conditions such as arthritis, diabetes, high blood pressure or heart and lung disease, but also renew your sense of well-being so that you feel healthier.

We're partnered with Stanford University in developing this program, which has a proven record of success for those who complete it. In just six sessions, you'll learn how to take small steps that will lead to positive changes in your life, including greater self-confidence and an increased ability to manage day-to-day living.



The workshops are not meant to “cure” you, but they can change your life. By learning to understand your symptoms, accomplish goals and relax, you'll find increased energy, greater self-confidence and untold well-being. Simply put, by learning how to actively manage your condition, you can get onto living the happiest and best life possible.

# HEALTHY LIVING WITH CHRONIC CONDITIONS WORKSHOP

## Registration Form

**Please print**

Last name \_\_\_\_\_

First name \_\_\_\_\_

Which location is most convenient for you?

Manhattan

The Bronx

Queens

Long Island

Brooklyn

Staten Island

Street address \_\_\_\_\_  
\_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ ZIP \_\_\_\_\_

Telephone (day)

( \_\_\_\_\_ ) - \_\_\_\_\_

Telephone (evening)

( \_\_\_\_\_ ) - \_\_\_\_\_

How did you obtain this brochure or find out  
about the program? \_\_\_\_\_  
\_\_\_\_\_

**To register, please mail this completed form to:**

EmblemHealth

Attn: HLCC Program Manager

Integrative Wellness Department

55 Water Street

New York, NY 10041-8190

For more information, call **1-646-447-7600**.

Once you have been registered, you will be notified of the class time and location by mail. Travel directions to the class site will be included.

# HEALTHY LIVING WORKSHOPS CAN HELP YOU GET THE MOST OUT OF LIFE!

Healthy Living Workshops can help you develop the skills you need to take control of your condition and live a happier and healthier life.



## SOME OF THE PROGRAM TOPICS INCLUDE:

### Exercise

Learning to safely and progressively develop an individual plan that will lead to greater flexibility, stamina and strength.

### Stress reduction and depression management

Coping with stress through techniques such as progressive body relaxation, guided imagery, positive thinking and self-talk.

### Taking care of your illness

Managing chronic illness through understanding and participating in your treatment plan.

### Carrying out your normal activities

Using community resources and over 200 practical tips to assist you at home, at work and in social situations.

## THE WORKSHOP LEADERS ARE PEOPLE JUST LIKE YOU.

The two-hour weekly workshops are taught by peer leaders who are themselves struggling with chronic illnesses. They understand the challenges of living with ongoing health conditions and manage their own health using the skills you will learn.

You'll meet in a comfortable group setting of eight to 12 people that is both educational and supportive. You'll have the opportunity to share stories and strategies for coping with other EmblemHealth, GHI and HIP members. Best of all, the group experience will remind you that you are not alone.

The workshops deal with issues that everyone who lives with an ongoing health condition faces. You'll learn ways to:

- Better understand and manage your chronic condition.
- Communicate with your physician more effectively.
- Eat well.
- Manage stress and relax.
- Increase your energy level.
- Solve problems.
- Identify and accomplish your goals.

## THERE IS NO CHARGE FOR THESE WORKSHOPS.

The Healthy Living with Chronic Conditions Program is offered at no additional cost to all EmblemHealth, GHI and HIP members. We encourage you to bring a family member or support person to all 6 sessions. All participants receive a copy of the book *Living a Healthy Life with Chronic Conditions*, as well as a useful audio tape on relaxation.

The workshops are held in convenient locations throughout our service area. Please complete the registration form included with this brochure for both yourself and your support person, if applicable.



Here's what plan members have said after completing the course:

*"When I started the program, I was a little skeptical about what it could do for me. Now I am happy to report that in just six weeks I have improved physically, mentally and emotionally."*

*"I have learned ways to handle stress and set goals, which makes my illness and life go much easier."*

*"My main objective was to learn how to keep my blood sugar under control. I am now well on my way toward that goal, thanks to the workshop, which helped me develop action plans for diet and exercise."*

*"I gained a great deal of information from attending these sessions, especially in the handling of my day-to-day life, accomplishing my goals, learning to manage stress and to relax, all of which are factors in dealing with chronic conditions."*

# HEALTHY LIVING WITH CHRONIC CONDITIONS WORKSHOP

## Registration Form

(continued from reverse)

If you will be attending the workshops with a family member or support person, please provide his or her name:

### Please print

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Support Person Last Name

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Support Person First Name

Please complete both sides of this registration form and mail it to EmblemHealth. Once you have been registered, you will be notified by mail of the class time and location.

Thank you for your interest in the Healthy Living with Chronic Conditions Workshop!



**For more information on this workshop contact:**

EmblemHealth

Attn: HLCC Program Manager

Integrative Wellness Department

55 Water Street

New York, NY 10041-8190

1-646-447-7600



**EmblemHealth™**

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