

Better Choices, Better Health® Online Chronic Disease Self-Management Program

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Self-management might sound complicated, but if you have an ongoing health condition, you're likely doing it every day – you're doing what's needed to live with your condition as best you can. If you are one of the millions of people living with an ongoing physical and/or mental health condition, you owe it to yourself to learn more about Better Choices, Better Health®.

You are being offered a new prescription on life - a customized workshop just for you. Living with chronic health conditions may keep you from doing things in life that you love. A Better Choices, Better Health (BCBH) workshop will help you manage your health in a way that helps you get life back to the way it should be.

How It Works

Better Choices, Better Health® (BCBH) is an online six-week workshop that you can join from any computer with an internet connection. The program helps participants become more confident in managing their health and daily functioning. Other details include:

- There are about 25 persons in each workshop group and a pair of trained facilitators moderates each workshop.
- You are asked to log on at your convenience, two or three times a week, for a total of about two hours each week.
- You may remain anonymous—no one in the group needs to know who you are—and everything takes place on a dedicated, secure website that meets privacy requirements.
- There is no charge to attend a workshop, and it is recommended for those with chronic conditions such as: heart disease, arthritis, diabetes, cancer, depression, overweight.
- Some of the weekly activities include: making a weekly action plan, brainstorming, setting goals; new lessons are posted each week.
- You'll set your own goals and make a weekly action plan to help you start doing the things you want to do again.
- You are asked to sign an informed consent, fill out a questionnaire, and complete a survey before beginning.

Some of the Workshop Topics Include:

- Learning relaxation skills and managing symptoms and difficult emotions.
- Improving communication and effective problem-solving.
- Making decisions.
- Getting a good night's sleep.

For more information email betterchoices.betterhealth@sdstate.edu

Who May Participate?

Adults with any type of long term health condition.

Benefits of Participating

If you're one of the millions of Americans who struggle every day with health challenges, learning and practicing good self-management skills will help you live a better life. You'll be able to do the things you want to do and feel more in control of your life and your health. Learning self-management skills will help you:

- Get support from others with chronic health problems.
- Communicate effectively with family, friends, and health care providers.
- Carry out day-to-day activities such as chores, work, and socializing.
- Feel happier and more confident.
- Share your experiences and help others.

Is There Proven Success?

BCBH has undergone several random studies that prove its efficacy. Published research on the program indicates that the online workshop achieves similar health outcome improvements to the in-person program. Many people who took part in these workshops have described lower pain and stress, and an increase in healthy activities... even one year later.

Is the Workshop Available in South Dakota?

Workshops are now underway. The Better Choices, Better Health SD program has a limited number of seats available for the online classes and is currently accepting participants!

Sign Up Today!

Plan now to participate in this 6-week online workshop and take steps to improve your overall health and quality of life.

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or go to <http://bcbh.questionpro.com>



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