

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? _____

E-mail _____

To register, please mail this completed form to:

EmblemHealth
Attn: HLCC Program Manager
Integrative Wellness
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 by mail of the class time and location. (See reverse side.)

For more information on this workshop, please contact:

EmblemHealth
Attn: HLCC Program Manager
Integrative Wellness Department
55 Water Street
New York, NY 10041-8190
Phone: 1-646-447-7600
E-mail: healthyliving@emblemhealth.com



Group Health Incorporated (GHI), GHI HMO Select, Inc. (GHI HMO), HIP Health Plan of New York (HIP), HIP Insurance Company of New York and EmblemHealth Services Company, LLC are EmblemHealth companies. EmblemHealth Services Company, LLC provides administrative services to the EmblemHealth companies.

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HEALTHY LIVING WITH CHRONIC CONDITIONS WORKSHOP

- Feel Better
- Live Healthier
- Improve the Way You Manage Symptoms
- Do More Things You Enjoy



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 plan 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 partner with Stanford University to deliver 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 toward positive changes, including greater self-confidence and a better 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, self-confidence and well-being. Simply put, by learning how to actively manage your condition, you can get on with living the happiest and best life possible.

The Healthy Living Workshop can help you get the most out of life

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



The program topics include:

Exercise

Learning to safely and progressively develop an individual plan for greater flexibility, stamina and strength.

Stress reduction and depression management

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

Taking care of your illness

Managing chronic illness by 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 often people just like you

The 2 ½-hour weekly workshops are taught by peer leaders. Many of the leaders are coping with their own chronic illness. Others provide care to someone with an illness. All of them understand the challenges of living with an ongoing health condition, and many use the very same health management skills you'll learn at the workshop.

You'll meet in a comfortable group setting of 12 to 20 people that is both educational and supportive. You'll have the opportunity to share stories and coping strategies with other EmblemHealth, GHI and HIP plan 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.

The workshops are also available in Spanish and Chinese. For details, please call us at **1-646-447-7600**.

Los talleres también se ofrecen en español. Para más información, llámenos al **1-646-447-7600**.

慢性病患者怎樣健康生活學習班也用中文授課。要瞭解詳情，請致電 **1-646-447-7600** 與我們聯繫。

There is no charge for the workshops

The Healthy Living with Chronic Conditions Program is offered at no additional cost to all EmblemHealth, GHI and HIP plan members. We encourage you to bring a family member or support person to all six sessions. All participants receive a copy of the book *Living a Healthy Life with Chronic Conditions*, as well as *A Time for Healing*, a relaxation CD.

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:

Support person's last name

Support person's 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.

