

Chronic Disease **Self-Management** Program

You Can Have a Chronic Medical Condition and Still Enjoy Life!

PacificSource Health Plans, in cooperation with local agencies, offers a six-week (six-session) program to help you achieve your health goals.

What is a chronic medical condition?

A chronic medical condition is one that you must learn to live with for many years. Chronic medical conditions may cause you to lose physical conditioning and suffer problems over time. Some examples of chronic conditions are emphysema, heart disease, arthritis, diabetes, migraine headache, and fibromyalgia.

In contrast, acute illnesses are short-lived, and with prompt, effective treatment, you can return to normal health quickly. Examples of acute illnesses are pneumonia, appendicitis, and influenza.

Why take classes about chronic medical conditions?

Although there are many chronic conditions, the problems and symptoms associated with each one are often similar.

A healthy way to live with a chronic condition is to work at overcoming the symptoms. This program, designed at Stanford University, provides you with the tools to manage your symptoms effectively and empowers you to take control of your health. In PacificSource's Chronic Disease Self-Management Program, you will learn how to:

- Manage your symptoms
- Communicate effectively with your doctor
- Lessen your frustration
- Fight fatigue
- Make daily tasks easier
- Get more out of life!

Who should enroll in this program?

The Chronic Disease Self-Management (CDSM) program is for anyone who has one or more chronic conditions. A caregiver or relative is welcome to attend the course with you. They will also benefit from the problem-solving skills related to managing a chronic condition.

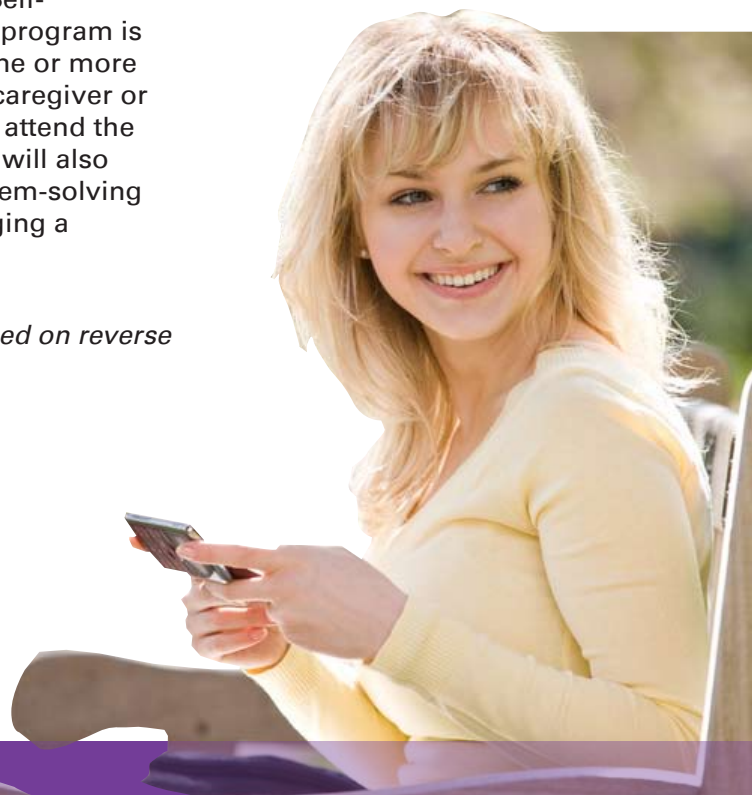
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What will it cost me to participate in this program?

If you are a PacificSource member, the CDSM program cost will be reimbursed up to \$25. Please fill out the form on the reverse to receive reimbursement. (The cost of the text, *Living a Healthy Life with Chronic Conditions*, is not reimbursable.)

How does the program work?

The CDSM program runs for two hours, once a week, for six weeks. The CDSM group is led by two trained facilitators who help direct group discussions about managing chronic conditions. The book *Living a Healthy Life with Chronic Conditions* provides a



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Reimbursement Request Form

Please attach a copy of your class payment receipt. Mail your receipt and this completed form to PacificSource, Attn: Health Management, PO Box 7068, Eugene, OR 97401. Or fax it to (541) 686-2051, Attn: Health Management.

Member Information	
Member name	PacificSource ID #
Date of birth	Group #
Home phone number	E-mail address
Mailing address	
Class Information	
Class name	Instructor name
Location	
Cost	Class start date

starting point for many of these discussions and provides you with new techniques you can immediately use to deal with your own symptoms and manage your own health and medical treatment.

The group discussions in this program will cover:

- Symptom management
- Nutrition and exercise
- Communication skills
- Relaxation techniques
- Medication usage
- Self-management
- Goal-setting and problem solving

Upcoming Classes and Registration

Information on classes in your area can be found on the PacificSource Web site, PacificSource.com. Simply click For Our Members > Health and Wellness Programs > Chronic Disease Self-Management Classes for listings. If you have questions regarding a class in your area, please contact the PacificSource Health Management Team at (888) 691-8209.

If you have questions, you are welcome to contact our Customer Service Department at 888.977.9299 or e-mail cs@pacificsource.com.



Direct: 541.684.5582
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PacificSource.com