

Take charge of your health with Better Choices, Better Health[®] workshops

When you're living with diabetes sometimes it's nice to have a little extra support. If you or someone you know has diabetes, you can take control of your health. And you don't have to do it alone.

The *Better Choices, Better Health – Diabetes* workshops let you learn from people who know what you're going through. Led by a trained facilitator, you'll share and solve problems with other people who have diabetes and discover new ways to:

- Make food that's good for you and enjoyable
- Manage and keep track of your blood sugar levels
- Start or stay on track with a regular exercise routine
- Communicate better with your doctor, family and friends

This program is offered in addition to and does not replace any other diabetes management programs your health plan may offer.

Who are the sponsors?

Our Empire BlueCross BlueShield is collaborating with the YMCA, OASIS and Stanford University to sponsor these workshops. The sponsors are also studying the benefits of the *Better Choices, Better Health – Diabetes* workshops. The study is funded by the National Council on Aging. Participation in the study is voluntarily. Not everyone will qualify for the study, but everyone may participate in the workshop anyway.

Who can participate?

Anyone 18 years or older with type 2 diabetes can participate.

What kinds of workshops are offered?

Online: Groups of about 24 people with type 2 diabetes log on to share information. You can participate from home or anywhere with Internet access. You can benefit from group support while remaining anonymous. Learn more or register at **selfmanage.org**.

In person: You also have access to in-person workshops. Groups of up to 16 people meet once a week for six weeks. Learn more or register by calling 1- 866-553-1282.

To learn more and register for the *Better Choices, Better Health – Diabetes* workshops go to **selfmanage.org.**