



Helping Patients Live Well with Chronic Disease Self-Management Programs at MedStar Health

Living Well is a seven-week program that can help your patients take charge of their health and their life.

This program is designed for adults living with a chronic condition, such as heart disease, diabetes, cancer, depression, chronic pain, lung disease or any chronic health concern.

The program covers:

- Problem solving
- Managing emotions
- Exercise
- Managing medications
- Cognitive symptom management
- Communication skills
- Goal setting
- Developing patient/physician partnerships
- Advanced directives
- Health eating and much more

Community Health at MedStar Health is providing these workshops at **no cost** to participants. Classes are highly interactive.

The program was developed by Stanford University. It has been tested and evaluated with the following results.

- Showed significant improvements in exercise, cognitive symptom management and communication with physicians
- Spent fewer days in the hospital
- Had fewer outpatient visits and hospitalizations

Referring a Patient is Easy

Complete a referral order in MedConnect by clicking on the "Orders" tab and selecting "Community Health Program Referral." Once the referral is sent, a member from our team will follow up with your patient for program intake and enrollment.

Patients can visit **MedStarHealth.org/LivingWell** for specific dates and locations. Hospital calendars are updated regularly.

For more information about Living Well, contact your local hospital's Community Health department, email **communityhealth@medstar.net** or call **877-367-5864**.

