

# Live healthier with diabetes

Living with diabetes can present many challenges, such as knowing how and when to eat, living your life so you can avoid complications, and getting the support you want from family and friends. *A Better Choices, Better Health<sup>®</sup>—Diabetes* workshop can help you manage these concerns. Benefit from the support of others who know what you are going through. Sign up today!

Developed and tested at Stanford University, a *Better Choices, Better Health<sup>®</sup>—Diabetes* workshop can help you:

- Understand how to eat with diabetes while still making it enjoyable.
- Monitor and manage your blood sugar.
- Start or maintain a regular exercise program.
- Communicate better with family, friends, and your medical team.
- Design your own self-management program.

NCOA, YMCA and OASIS are enrolling participants into a study conducted by Stanford University to determine the effectiveness of diabetes self-management workshops.

## Who can participate?

Anyone 18 years or older with Type 2 diabetes can register for a workshop. If you are an Anthem member, you will be asked if you would like to be part of the research study.

This workshop is offered as part of a research study conducted by Stanford University. The study is funded by the National Council on Aging. Not all participants in the workshop will qualify for the study, but may take the workshop anyway.

## Workshop information

Workshops are available in person and online. No matter which one you choose, you'll find a safe, supportive group of people with diabetes who want to share and solve problems together. Choose what works best for you!

### Online workshops

These workshops are a convenient way to interact with peers online and take charge of your life. Participate from home or anywhere with Internet access. Online workshops last 6 weeks, but you can choose when and how frequently you login. Learn more and register at [selfmanage.org](https://selfmanage.org).

### In-person workshops (Atlanta, St. Louis, Indianapolis)

These workshops meet once a week for six weeks at the same day and time. Participants meet in small groups of up to 16 in locations throughout the community. Learn more and register by calling 866-553-1282.