



MedStar Health

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

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.

Patients can visit [MedStarHealth.org/LivingWell](https://www.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

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.

It's how we treat people.