



**Better Choices,  
Better Health**



## **EAT HEALTHIER. EXERCISE SAFELY. MANAGE PAIN.**

Join the Better Choices, Better Health Online Workshop for the information and tools you need to manage your chronic condition and live a better life.



### **LEARN**

Empower yourself with self management techniques. Our proven and flexible 6 week online workshop lets you to go at your own pace, in the privacy of your own home.



### **SHARE**

You're not alone. Connect with an online community of peers with common experiences and get the support and knowledge you need to manage your chronic condition.



### **TRACK**

Monitor your progress with our journaling tools, exercise logs and medication records. Easily set goals, create an action plan and modify behaviors that lead to better health.

**Developed at Stanford** for proven success, the workshop is designed to help people feel better, manage symptoms, and gain confidence in their ability to **lead active and purposeful lives.**

**BROUGHT TO YOU BY THE  
PUBLIC EMPLOYEES' BENEFITS BOARD**

Get started at [pebb.enroll.selfmanage.org](https://pebb.enroll.selfmanage.org)



# YOU SET YOUR GOALS, WE'LL GET YOU THERE.

Connect with your team of facilitators and peers in an online 6 week workshop to help relieve the symptoms of chronic conditions.

## BCBH IS HELPING PEOPLE...



### MANAGE DIFFICULTIES

"I learned that it's ok to have a bad day. But to get back up and keep moving. I felt empowered by my teammates."

### SHARE STORIES

"The interaction with people who are going through illness and injury has helped me by giving advice and sharing my joy when I accomplish a goal."

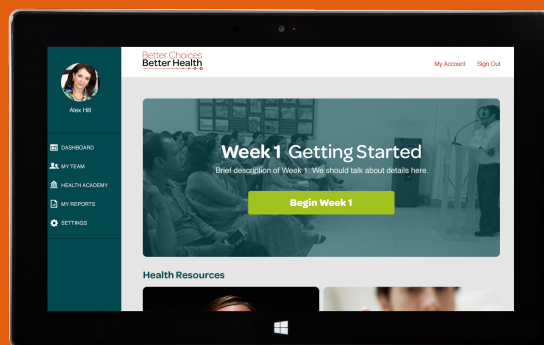
### STAY FOCUSED

"I am keeping a food diary to help me control my blood sugar. I am also using positive self talk to help me at work when I am feeling overwhelmed."

- BCBH Participant Survey Responses

## INTERACT WITH PEERS

A pair of trained facilitators, at least one of whom has a chronic health problem, leads the workshop through a dedicated, secure web site. The workshop is highly interactive (although sessions do not require real-time attendance) by way of email and message boards.



## CHANGE YOUR LIFE TODAY.

Get started at [pebb.enroll.selfmanage.org](http://pebb.enroll.selfmanage.org)