

The [Living Well with Chronic Conditions](#) in-person program, offered by many coordinated care organizations (CCOs), and the [Better Choices, Better Health](#) online program, offered by the Public Employees' Benefit Board (PEBB), are both evidence-based, chronic disease self-management programs developed by Stanford. While CCOs do not currently offer Better Choices, Better Health, it's an online chronic disease self-management program CCOs may be interested in exploring. This document provides a comparison of the in-person and online chronic disease self-management programs to support CCOs in offering programming to members.

Note that establishing a community of supportive individuals is an important aspect of self-managing chronic conditions in the long term. For that reason, in-person programs are highly encouraged to support participants in meeting others who share their concerns and challenges. However, there are circumstances in which in-person programs may not be viable. In these situations, online programs are beneficial to participants and provide a virtual version of a community of supportive individuals.

	Living Well with Chronic Conditions	Better Choices, Better Health
<b>Program objectives</b>	Help members: <ol style="list-style-type: none"> <li>1. Get the support they need</li> <li>2. Find practical ways to deal with pain and fatigue</li> <li>3. Eat better and exercise safely</li> <li>4. Understand new treatment choices</li> <li>5. Learn better ways to talk to doctors and family about their health</li> </ol>	Help members: <ol style="list-style-type: none"> <li>1. Eat healthier</li> <li>2. Exercise safely</li> <li>3. Manage difficulties</li> <li>4. Manage pain</li> </ol>
<b>Workshop method</b>	Interactive through <u>in-person</u> workshops	Interactive through <u>online</u> workshops, email and message boards (sessions do not require real-time attendance)
<b>Cohort base</b>	<u>Local community</u> basis (requires minimum number of participants from the local community)	<u>Regional</u> basis (requires minimum number of participants from the region)
<b>Number of workshops</b>	Six	Six
<b>Frequency of workshops</b>	<u>Weekly</u> for six weeks	<u>Self-paced</u> for six weeks
<b>Length of workshops</b>	2.5 hours each	Variable, self-paced
<b>Workshop leaders</b>	Two trained leaders, at least one with a chronic health condition	Two trained leaders, at least one with a chronic health condition
<b>Cost to train leaders</b>	<ul style="list-style-type: none"> <li>• Leaders: \$1,750 to train a group of 12–15 leaders (includes master trainer stipends, materials and food)<sup>1</sup></li> <li>• Master trainer: \$1,000 per layperson with a chronic disease (at Stanford)<sup>2</sup></li> <li>• Master trainer: \$1,800 per health professional (at Stanford)<sup>2</sup></li> </ul>	N/A

<sup>1</sup> Oregon's Chronic Disease Self-Management Program: Living Well with Chronic Conditions ([www.oregon.gov/oha/PH/DISEASES/CONDITIONS/CHRONICDISEASE/LIVINGWELL/Pages/index.aspx](http://www.oregon.gov/oha/PH/DISEASES/CONDITIONS/CHRONICDISEASE/LIVINGWELL/Pages/index.aspx)).

<sup>2</sup> Chronic Disease Self-Management Master Training, retrieved from <https://www.selfmanagementresource.com/training/> on 3/15/18.

	Living Well with Chronic Conditions	Better Choices, Better Health
<b>Cost for license</b>	<ul style="list-style-type: none"> <li>• \$500 for 30 workshops over three years for one organization (multi-organization licenses also available)<sup>1</sup></li> </ul>	N/A
<b>Cost to host cohorts</b>	\$350 per participant, with average cohorts of 10–15 participants <sup>3</sup>	<ul style="list-style-type: none"> <li>• \$150 per participant at enrollment</li> <li>• \$150 per participant at completion (4 of 6 sessions)</li> </ul>
<b>Other cost considerations</b>	<ul style="list-style-type: none"> <li>• Stipends (\$150–200) and/or travel expenses for volunteer leaders</li> <li>• Larger cohort sizes may reduce per participant cost and account for participant attrition</li> <li>• Lease or rental space costs to host the workshops, if no-cost space not available</li> <li>• Non-emergent medical transportation or other transportation costs for participants</li> <li>• Other participant costs, such as taking time off work or child care</li> <li>• Trainer recertification, if certification not maintained</li> <li>• Training costs for new staff or volunteers, if there is staff or volunteer turnover</li> </ul>	<ul style="list-style-type: none"> <li>• May require a large prepaid cost (assumes a set number of enrollees at an average completion rate), with additional enrollees billed on a per participant basis</li> <li>• Internet access for members who may not have access</li> </ul>

### Related resources for coordinated care organizations:

1. **Oregon's Chronic Disease Self-Management Program: Living Well with Chronic Conditions**  
[www.oregon.gov/oha/PH/DISEASES/CONDITIONS/CHRONICDISEASE/LIVINGWELL/Pages/index.aspx](http://www.oregon.gov/oha/PH/DISEASES/CONDITIONS/CHRONICDISEASE/LIVINGWELL/Pages/index.aspx)
2. **Stanford's Self-Management Resource Center** (both in-person and online chronic disease self-management program resources)  
[www.selfmanagementresource.com](http://www.selfmanagementresource.com)
3. **Healthcare Cost Savings Estimator Tool for Chronic Disease Self-Management Program**  
Article: [www.ncbi.nlm.nih.gov/pmc/articles/PMC4410329/](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4410329/)  
Excel-based tool: [cdsmp-cost-tool.herokuapp.com/static/files/CDSMP\\_Cost\\_Estimator.xls](http://cdsmp-cost-tool.herokuapp.com/static/files/CDSMP_Cost_Estimator.xls)
4. **Chronic Disease Self-Management Program Cost Calculator**  
[www.ncoa.org/resources/chronic-disease-self-management-program-cost-calculator/](http://www.ncoa.org/resources/chronic-disease-self-management-program-cost-calculator/)
5. **Chronic Disease Self-Management Program Toolkit and Sample Budget (see Appendix E)**  
[www.ncoa.org/wp-content/uploads/Maryland-Hospital-Toolkit.pdf](http://www.ncoa.org/wp-content/uploads/Maryland-Hospital-Toolkit.pdf)

<sup>3</sup> National Study of the Chronic Disease Self-Management Program: A Brief Overview, retrieved from [www.ncoa.org](http://www.ncoa.org) on 3/15/18.