

Improve Health Outcomes And Lead Your Community to Wellness with *Being Your Best*

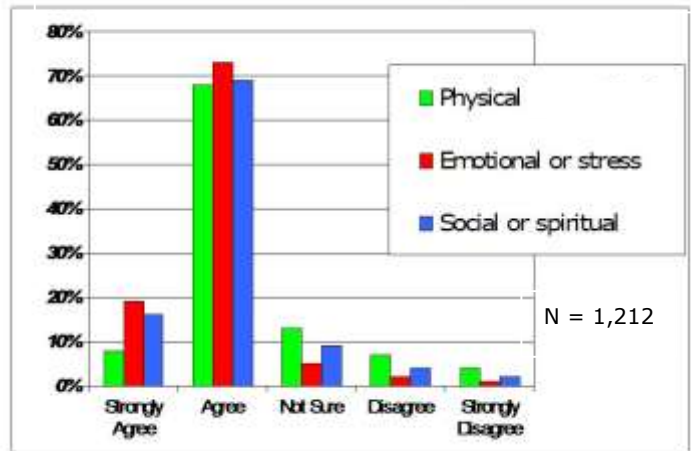
A Program for the Whole Person, Family, Organization and Community

Over a thousand people agree that *Being Your Best* can help them reach their goals (see graph)

It's an approach that's been honored by:

- AARP's *Social Impact Award* as a "simple eldercare program that 'bridges the silos' of medical, emotional and spiritual care."
- The *National Award for Excellence in Quality Management* (from the American Managed Care Review Association) for demonstrating that the same program materials and skills could help:
 - Middle-school children to manage stress, exercise more and eat better
 - Older adults to control their diabetes and high blood pressure

Being Your Best Can Help Me Achieve My Goals



Being Your Best Workshop Evaluations: 2004 - 2008

Consider this process to achieve your goals:

Start Quick and Simple

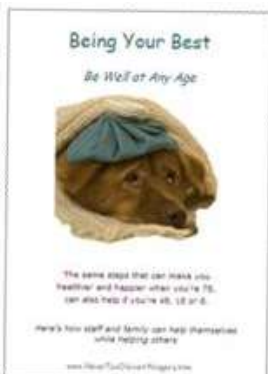
Give the **Connect Your Care** leaflet to seniors and their families to

- Start building partnerships with your care team
- Improve transitions between different care settings and doctors
- Help patients find free, trusted advice



The "Be A Partner" self-test (on page 2) identifies opportunities for improvement, while allowing you to collect pre-measures for this disease management and quality improvement program.

Help Patients and Families to Take Some Steps...



Next, help motivated patients and family members by offering **Being Your Best: A Total Wellness Guide**. This booklet, a 20 page excerpt from *What I Wish I Knew*, is an inexpensive way to introduce key concepts to the entire family.

It contains two teaching stories, discussion questions, a self-assessment and a worksheet to quickly engage learners.

...And Find Happier Endings to Their Stories



Most people learn best from stories, rather than lectures or health education pamphlets.

What I Wish I Knew offers 11 stories about elders, adults and youth trying to be their best - to engage patients in finding happier endings to their real life stories. Worksheets, discussion questions and self-tests are included to provide an **interactive experience**. (56 pages with 28 professional references)

This book is the centerpiece of *Being Your Best*, honored with AARP's 2008 Social Impact Award.

Bring Workshops into Living Rooms, Hospital Rooms and Waiting Rooms

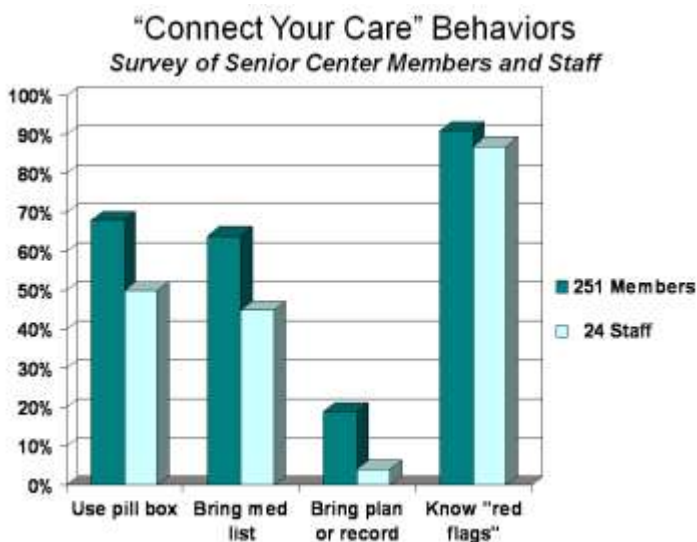
The Being Your Best CD allows staff and clients to **choose what is needed** at the hospital, offices or home.

Videos, interactive quizzes, stories and discussion question **encourage many learning styles**, while 50+ printable pamphlets provide needed information.



[CLICK HERE TO VIEW SAMPLE MATERIALS AND PRICES.](#)

Help Your Whole Organization to Learn, while Reducing Turnover of Aides



Staff and patients can focus on common issues because **the same materials are used to train staff and clients "speak the same language."**

As communication improves, so does the quality and the outcomes of care. Surveys and the "plan for any problem" help you **learn from your own experience**.

This well-researched program is specifically designed to **reduce factors associated with the turnover of aides**: lack of involvement in care planning; poor communication and high stress.

And Lead Your Community To Wellness

Learn how your organization can **sponsor a media series, community conferences, and a learning collaboratives and a media series to build bridges** between:

- Elders, their adult children and teen-age grandchildren
- Professionals, aides, volunteers, schools
- Hospitals, nursing homes, senior centers, pharmacies, churches, worksites
- Mental health and medical services

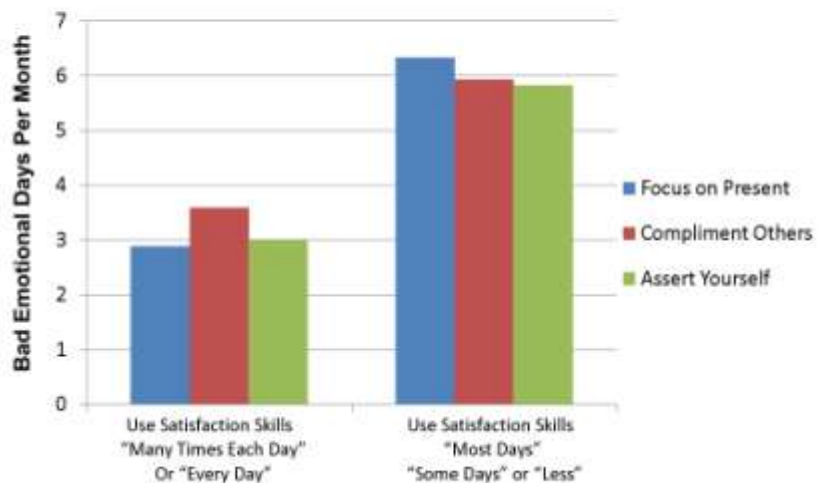
Using your marketing and public relations dollars to support *Being Your Best* can make a real difference in the wellness of your community, while helping your staff, patients and family members to be healthier and happier.

Evidence of Effectiveness

Less stress and depression

Use of the satisfaction skills (awareness, affirmations, assertiveness, acceptance) is one of the core BYB components.

Our ongoing studies demonstrate that people who use these skills more frequently have better mental health.



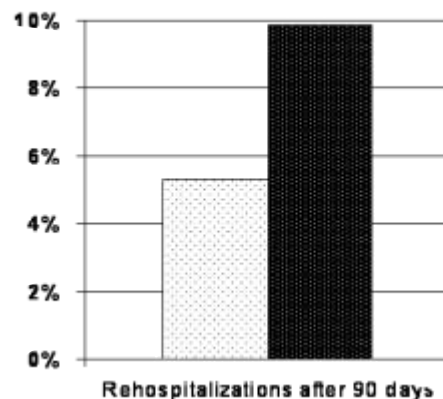
Survey of 99 Residents of Middleport, NY
Center for Health Management February, 2009

Reduced Hospitalizations

Our *Connect Your Care* module is based on transitions of care studies in which patients coached in four pillars of care reduced their rehospitalization rate by nearly 50 percent:

Coleman, E. et al. The Care Transitions Intervention
Arch Intern Med. 2006;166:1822-1828

Hospitalizations Can Be Reduced



[CLICK HERE TO VIEW SAMPLE MATERIALS AND PRICES.](#)

The Center for Health Management

888-213-8278

Info@theCHM.net