**PROGRAM DESCRIPTION**
Better Choices, Better Health® (BCBH), the online Living Well with Chronic Conditions (LWCC), originally developed at Stanford University, is a six-week workshop offered online. Classes consist of approximately 25 persons per workshop. BCBH does not require real time attendance (i.e., there are bulletin boards rather than chat rooms).

**WHY IS THIS IMPORTANT?**
· BCBH has undergone several randomized controlled trials to prove its efficacy.
· Published research on the program indicates that the online workshop achieves similar health outcome improvements as the in-person program.
· Participants who attend the 6-week online Better Choices, Better Health® (online CDSMP) program are given a 1-year membership once they complete class. This provides access to all of the program benefits they had access to during the class.

**PROGRAM BENEFITS**
Participants’ self-reported measures, one year after completing the workshop, indicate reductions in health distress, pain and disability; an increase in health behaviors, including:
· Aerobic and strength exercises
· Self-efficacy and communication with physician; and
· Reductions in health care utilization, including physician visits, emergency room visits and days spent in hospital.

**WHAT IS PROVIDED TO PARTICIPANTS**
Two trained peer facilitators moderate each workshop. Each week, participants are asked to log on at least three times for a total of about two hours. The Learning Center contains the primary content of the workshop, and is where participants learn self-management techniques.

Each week, new content will be made available and past weeks’ content will also remain available. The Learning Center is self-directed in that participants can control the speed and timing of their progress. In addition, it includes the following:
· Interactive discussion center
· Tools area for journals, exercise logs, etc.
· Help area
· *Living a Health Life with Long-Term Conditions* book

**RESOURCES**
VISIT [WWW.LIVINGWELL.UTAH.GOV](http://WWW.LIVINGWELL.UTAH.GOV) FOR MORE INFORMATION.

**FOR MORE INFORMATION ON THIS PROGRAM**
LIVINGWELL@UTAH.GOV
1-888-222-2542

**SOURCES**
2. Self-Management Resource Center (SMRC), [www.selfmanagementresource.com](http://www.selfmanagementresource.com)