<table>
<thead>
<tr>
<th>Priority Audience</th>
<th>Program Content</th>
<th>Program to Encourage Active, Rewarding Lives (PEARLS)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Better Choices, Better Health (Online CDSMP)</strong></td>
<td>• Goal Setting  • Action Planning  • Decision Making  • Problem Solving  • Communications  • Symptom Management  • Exercise  • Healthy Eating  • Managing Medications  • Stress Management  • Managing Emotions  • Navigating Resources  • Working with Your Healthcare Team  • Planning for the Future</td>
<td>Older adults living in poverty with multiple chronic conditions who are reached through social services and underserved by clinical care (e.g. people of color, homebound, limited English proficiency)</td>
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<tr>
<td><strong>Chronic Disease Self-Management Program</strong></td>
<td>• An interactive workshop where participants learn self-management skills to manage their chronic conditions on a day to day including:  • exercise  • healthy eating  • symptom management (pain, fatigue, sleep, shortness of breath, stress and depression)  • weight loss  • communication skills. Core self-management skills taught include:  • action planning  • problem solving  • decision making</td>
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<tr>
<td><strong>Tomando Control De Su Salud (Spanish Version of Chronic Disease Self Management Program)</strong></td>
<td>• An interactive workshop where participants learn techniques to deal with symptoms of chronic conditions such as:  • fatigue  • pain  • sleeplessness  • shortness of breath  • stress  • emotional problems such as depression, anger, fear and frustration. Core self-management techniques that are taught include:  • topics to help with healthy eating  • appropriate use of medications  • managing depression  • decision making  • appropriate exercises for maintaining and improving strength, flexibility and endurance</td>
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<td><strong>Chronic Pain Self-Management Program</strong></td>
<td>• For those living with chronic pain, participants can learn the skills to manage their pain on a day to day basis including:  • exercise  • healthy eating  • cognitive pain management Participants will also learn how to deal with such concerns as:  • fatigue  • sleep problems  • difficult emotions  • weight loss  • communicating with family, friends, and coworkers Core self-management skills taught include:  • action planning  • problem solving  • decision making</td>
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<td><strong>Workplace Chronic Disease Self-Management Program</strong></td>
<td>• An interactive group workshop where participants learn self-management skills to manage their conditions on a day-to-day basis including:  • exercise  • healthy eating  • cognitive pain management • A validated assessment intervention for depression including:  • problem-solving and  • pleasant physical and social activity planning  • teaching about what depression is and isn't  • based on the Chronic Care Model, EW’s participant-centered approach uses motivational interviewing techniques and validated assessment tools in 10+ domains to guide Health Action Plan creation and accountability.  • Through the use of problem-solving strategies participants can clarify goals, responsibilities, and activities as they work toward health-related behavioral change.</td>
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<td><strong>Enhance Wellness</strong></td>
<td>• Connects participants with a personal health coach to improve physical, emotional and social well-being.</td>
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<tr>
<td><strong>Self-Management Program</strong></td>
<td>• Brief behavioral interventions for depression including:  • problem-solving and  • pleasant physical and social activity planning  • teaching about what depression is and isn't  • based on the Chronic Care Model, EW’s participant-centered approach uses motivational interviewing techniques and validated assessment tools in 10+ domains to guide Health Action Plan creation and accountability.  • Through the use of problem-solving strategies participants can clarify goals, responsibilities, and activities as they work toward health-related behavioral change.</td>
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<tr>
<td>Program</td>
<td>Program Benefits/ Goals/ Outcomes</td>
<td>Program Format</td>
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</table>
| Better Choices, Better Health (Online CDSMP) | • Improved Health Status  
• Improved Health Behaviors (exercise, medication adherence, communication with health professionals)  
• Reduced Symptoms: (pain, fatigue, shortness of breath, depression)  
• Reduced health care utilization (ED visits, physician visits, hospital days)   | • Virtual Self-Directed/Self-Paced for 6 weeks.  
• In-person Group Workshop  
• Virtual Group Workshop  
• Mailed Toolkit with or without Phone Call Check-in | • 20-30 participants  
• 12-14 participants for face-to-face workshop  
• 8-12 for virtual workshop  
• 3-5 participants per Toolkit with scripted phone call workshop |
| Chronic Disease Self-Management Program | • Improved Health Status  
• Improved Health Behaviors: (exercise, medication adherence, communication with health professionals)  
• Reduced Symptoms: (pain, fatigue, shortness of breath, depression)  
• Reduced health care utilization (ED visits, physician visits, hospital days)   | • In-person Group Workshop  
• Virtual Group Workshop  
• Mailed Toolkit with or without Phone Call Check-in | • 12-14 participants for face-to-face workshop  
• 8-12 for virtual workshop  
• 3-5 participants per Toolkit with scripted phone call workshop |
| Tomando Control De Su Salud (Spanish Version of Chronic Disease Self Management Program) | • Less pain: (Improved quality, problem, severity)  
• Other outcomes: (Less depression, less dependency, increased self-efficacy, improved role behaviors and life satisfaction)   | • In-person Group Workshop  
• Virtual Group Workshop  
• Mailed Toolkit with or without Phone Call Check-in | • 12-14 participants for face-to-face workshop  
• 8-12 for virtual workshop  
• 3-5 participants per Toolkit with scripted phone call workshop |
| Chronic Pain Self-Management Program | • Improved exercise and eating behaviors  
• Reduced fatigue   | • In-person Group Workshop  
• Virtual Group Workshop  
• Mailed Toolkit with or without Phone Call Check-in | • N/A, 1-on-1 format  
• 1-on-1 In person  
• Virtual Remote Format  
• Over-The-Phone Remote Format |
| Workplace Chronic Disease Self-Management Program | • Improved exercise and eating behaviors  
• Reduced fatigue   | • In-person 1-on-1 format | • N/A, 1-on-1 format  
• 1-on-1 In person  
• Virtual Remote Format  
• Over-The-Phone Remote Format |
| Enhance Wellness Program to Encourage Active, Rewarding Lives (PEARLS) | • 72% decrease in hospital days  
• 35% decrease in psychoactive medication use  
• 11% decrease in depression  
• Significant reduction in rehospitalizations and HMO utilization – overall increased health   | • N/A, 1-on-1 format | • N/A, 1-on-1 format  
• 1-on-1 In person  
• Virtual Remote Format  
• Over-The-Phone Remote Format |
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<td><strong>Program Sessions/Duration</strong></td>
<td>• 30 min sessions 3 times a week</td>
<td>• In-Person and Virtual Workshop: 2 and ½ hours per session</td>
<td>• In-Person and Virtual Workshop: 2 and ½ hours per session</td>
<td>• In-Person and Virtual Workshop: 2 and ½ hours per session</td>
<td>• In-Person Workshop: 50-55 minutes per session</td>
<td>• Variable, dependent on need.</td>
<td>• 6 to 8 one hour sessions tapered weekly to monthly</td>
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<td>• In-Person and Virtual Workshop: 2 and ½ hours per session</td>
<td>• Mailed Toolkit with phone calls: 45-60 minute small group phone calls per session</td>
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<td>• Mailed Toolkit with phone calls: 45-60 minute small group phone calls per session</td>
<td>• Mailed Toolkit with phone calls: 25-30 minute small group phone calls per session</td>
<td>• Mailed Toolkit with phone calls: Self-Directed</td>
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<tr>
<td><strong>Total Program Length</strong></td>
<td>• 6 weeks plus ongoing alumni community group</td>
<td>• In-person workshop: 1 session per week for 6 weeks</td>
<td>• In-person workshop: 1 session per week for 6 weeks</td>
<td>• In-person workshop: 1 session per week for 6 weeks</td>
<td>• In-person workshop: 2 sessions per week for 6 weeks</td>
<td>• 6 months</td>
<td>• 6-8 months</td>
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<td>• Virtual workshop: 1 session per week for 6 weeks</td>
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<tr>
<td>Instructor Qualifications</td>
<td>Program Licensing</td>
<td>Language Offerings</td>
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| **Better Choices, Better Health**  
(Online CDSMP)  
(Chronic Disease Self-Management Program)  
(Tomando Control De Su Salud (Spanish Version of Chronic Disease Self-Management Program))  
(Chronic Pain Self-Management Program)  
(Workplace Chronic Disease Self-Management Program)  
(Enhance Wellness)  
(Project Enhance)  
(PEARLS)  
(Pearls Coach training)  
(An online, self-paced training course and an additional 90-minute, live-over-Zoom practice session)  
(1:1 program, materials are in English but program offered in variety of languages by bilingual coaches)  
(We have community-translated PEARLS forms available in English, Spanish, Chinese, Somali and Russian)  
(In addition, organizations have delivered PEARLS in Cantonese, Ilocano, Korean, Khmer, Mandarin, Ukrainian, Vietnamese, Tagalog)  
(The training and toolkit are currently only in English) |
| • Canary Peers certified online facilitator (complete 6-week facilitator training)  
• Trained by SMRC-certified Master Trainers, 2 trained Leaders, one or both of whom are non-health professionals with a chronic condition themselves, for both in person and virtual workshops  
For Phone-led workshops, only 1 leader is needed.  
| Yes  
| **English**  
• English  
• French Canadian  
• Chinese  
• French  
• Italian  
• Hmong  
• Hindi  
• Russian  
• Vietnamese  
• Arabic  
• Creole-Haitian  
• Finnish  
• Danish  
• Samoan  
• Tongan  
• For Spanish and Portuguese see Tomando Control de Su Salud  
| **English**  
• English, See: Chronic Disease Self-Management Program  
• Portuguese  
| Yes  
| **English**  
• English  
• Spanish  
• French  
• Canadian  
| Yes  
| **English**  
• Spanish  
| Yes  
| No  

**Language Offerings**

- **English**
- French Canadian
- Chinese
- French
- Italian
- Hmong
- Hindi
- Russian
- Vietnamese
- Arabic
- Creole-Haitian
- Finnish
- Danish
- Samoan
- Tongan
For Spanish and Portuguese see Tomando Control de Su Salud

**Program Licensing**

- Yes
- Yes
- Yes
- Yes
- Yes
- No
| Cost | • Canary offers a turn key service and provides facilitators, workshop administration, book fulfillment, access to a platform with 6 week workshop and ongoing alumni community.  
• Organizations purchase workshop slots at approximately $275 per workshop participant that shows up to the program | • License Cost $550: lasts three years and includes 20 workshops.  
• Participants' books cost: 15 to 20 dollars a person depending on volume ordered. | • License Cost $550: lasts three years and includes 20 workshops.  
• Participants' books cost: 15 to 20 dollars a person depending on volume ordered. | • License Cost $550: lasts three years and includes 20 workshops.  
• Participants' books cost: 15 to 20 dollars a person depending on volume ordered. | • See website for details: Enhance Wellness Program Cost  
• $500/person for PEARLS Coach Training.  
• Other costs for in-person delivery include staff outreach, screening, and session time-associated costs, mileage reimbursement, and clinical supervision time-associated costs (~1-2 hrs/mo) |

| Research/Journal Article | Better Choices Better Health Research Article 1  
Article 2  
Article 3 | CDSMP Research Articles (Virtual)  
CDSMP Related Research Articles (Toolkit) | Tomando Control De Su Salud Research Articles | CPSMP Research Articles (Virtual)  
CPSMP Related Research Articles (Toolkit) | wCDSMP Research Articles | Citations - Project Enhance | Publications | Health Promotion Research Center (washington.edu) |