



Healthy Interactions **PROGRAM CATALOG**

We make better patients. **We make patients better.**



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INTRODUCTION

This catalog provides a comprehensive view of Healthy Interactions' health education products. These products are divided into four major categories: *Conversation Map*® tools, *Conversation Starter*™ tools, ancillary tools, and digital tools.

The different products and product types often combine to form a larger program covering a broad health topic. For example, the Starting Insulin Treatment *Conversation Map* is part of a series of Maps in the Diabetes Conversations program, which also includes Take Home tools and E-Learning modules. Traditionally the *Conversation Map* has been the focal point around which these programs are built. Therefore, the other three product types usually correspond to an existing *Conversation Map* or group of Maps.

Because entries in the catalog range from the fully developed to the recently conceptualized, some products, such as the Streams of Life *Conversation Map*, which addresses organ donation, are not yet connected to larger programs. Nevertheless, these in-development products illustrate learning objectives and potential concepts for many different of topics.

Each entry contains an image of the product and a list of its key learning points. When applicable, the products' intended audience, intended region, development status, and relation to a larger program are also included. Because new concepts are being developed constantly, there may be products available that do not appear in this version of the catalog.

PRODUCTS

Conversation Map® tools are health education tools used in small group settings. During a *Conversation Map* session, a trained facilitator leads participants through a discussion about a health theme with the ultimate goal of driving positive behavior change. A colorful visual display, activity cards, and a facilitator guide are the primary components of this education tool.

Conversation Starter™ tools are similar to a conventional *Conversation Map* with the major difference being that they are used in a discussion that takes place between a facilitator and just one participant, instead of many.

Ancillary tools are complements to *Conversation Map* sessions. They provide a review of the major learning points of the session and allow participants to identify and track goals. There are many different forms of ancillary tools found in this catalog.

Digital tools are online complements to *Conversation Map* sessions. There are many digital tools, ranging from e-learning modules to online Map sessions to a Diabetes App. Individuals explore health themes presented through engaging narration and dynamic animation, activities challenge the participant to retain and interpret the information presented. Some tools allow a group of participants to interact with each other and a facilitator via web-based virtual platform.

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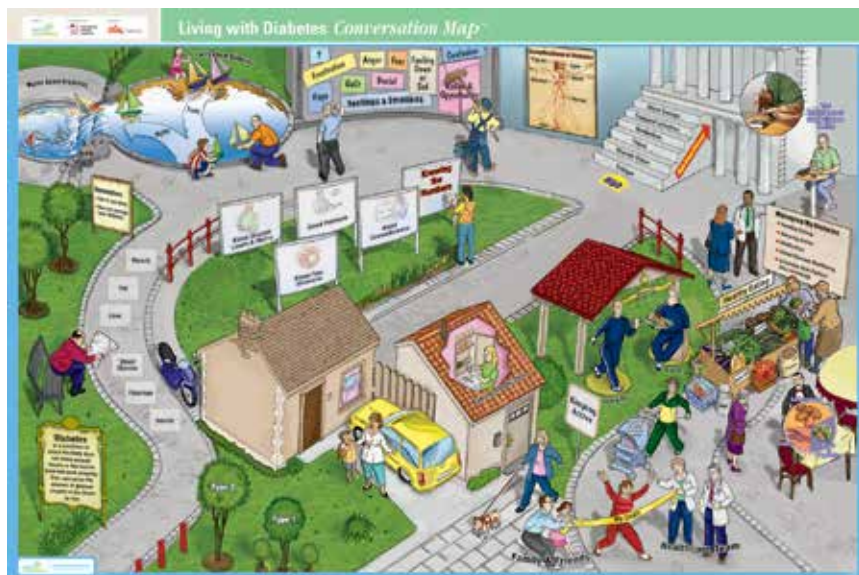
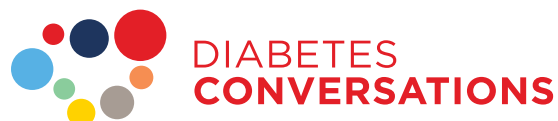
CONVERSATION MAP® TOOLS

COMPREHENSIVE DIABETES CONVERSATION MAP® PROGRAMS

INTERNATIONAL DIABETES CONVERSATIONS PROGRAM

The Diabetes Conversations program is a global program created by Healthy Interactions, in collaboration with the International Diabetes Federation, and sponsored by Lilly Diabetes.

Conversation Map education tools are an innovative education method that use interactive group participation to empower people with diabetes to become actively involved in managing the disease.



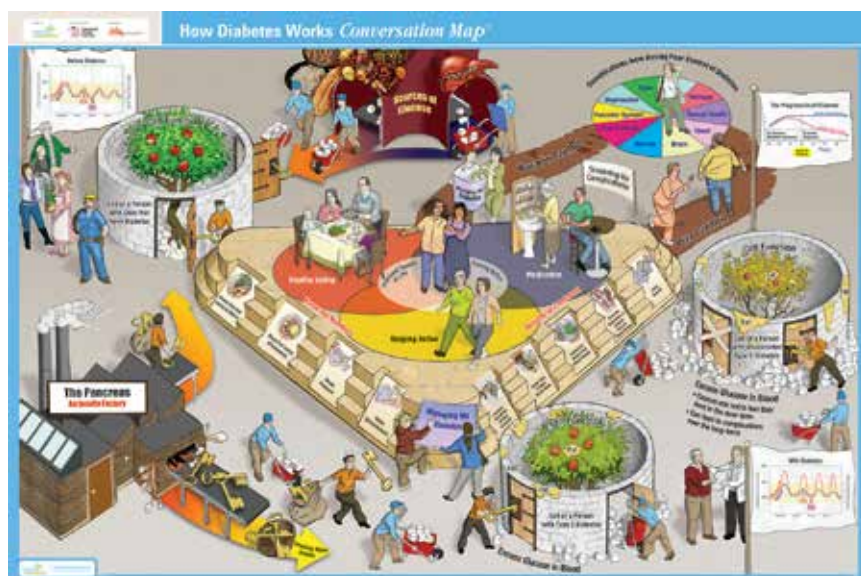
LIVING WITH DIABETES

Geography/Audience: Pan-European

Status: **In Market**

KEY POINTS

- » What diabetes is and some of the most common myths about diabetes
- » How you feel about having diabetes
- » The importance of knowing your targets for blood glucose, blood fats, blood pressure, and waist circumference
- » Dealing with high blood glucose levels and the importance of testing your blood glucose levels
- » Managing diabetes by eating well, keeping active, and medication



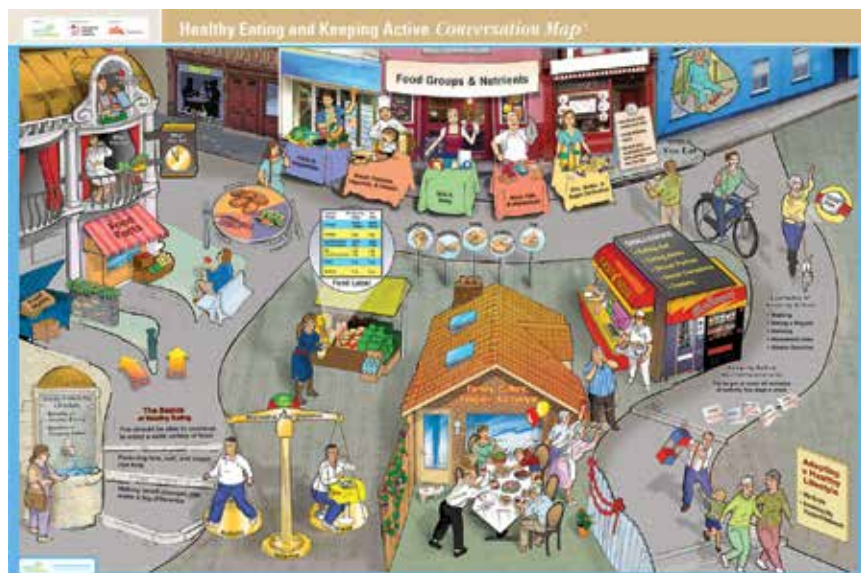
HOW DIABETES WORKS

Geography/Audience: Pan-European

Status: **In Market**

KEY POINTS

- » How diabetes works, including the role of the pancreas, insulin, and glucose
- » What is going on inside the body at the start of having diabetes and as diabetes progresses
- » The complications of diabetes and how can managing diabetes help one avoid or delay these complications
- » What good diabetes control means
- » The specific benefits of healthy eating, exercise and medicine as it related to managing diabetes



HEALTHY EATING AND KEEPING ACTIVE

Geography/Audience: Pan-European

Status: **In Market**

KEY POINTS

- » Why healthy eating and keeping active are important when it comes to managing diabetes
- » The different food groups and nutrients found in food
- » Focusing on what, how much, and when you eat and addressing challenges to healthy eating
- » What keeping active really means and dealing with challenges to keeping active
- » Setting a goal and involving your support network



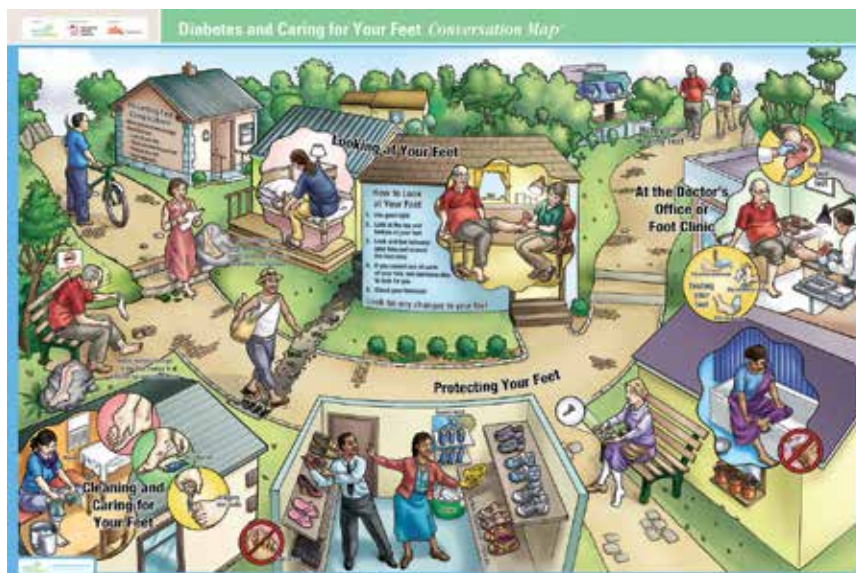
STARTING INSULIN TREATMENT

Geography/Audience: Pan-European

Status: **In Market**

KEY POINTS

- » How you feel about starting insulin treatment
- » What insulin is and why people with type 2 diabetes often need to start insulin treatment
- » The benefits of insulin treatment
- » The types of insulin and important things to know when taking insulin
- » Blood glucose targets and the importance of testing
- » Being able to recognize blood glucose patterns and make adjustments



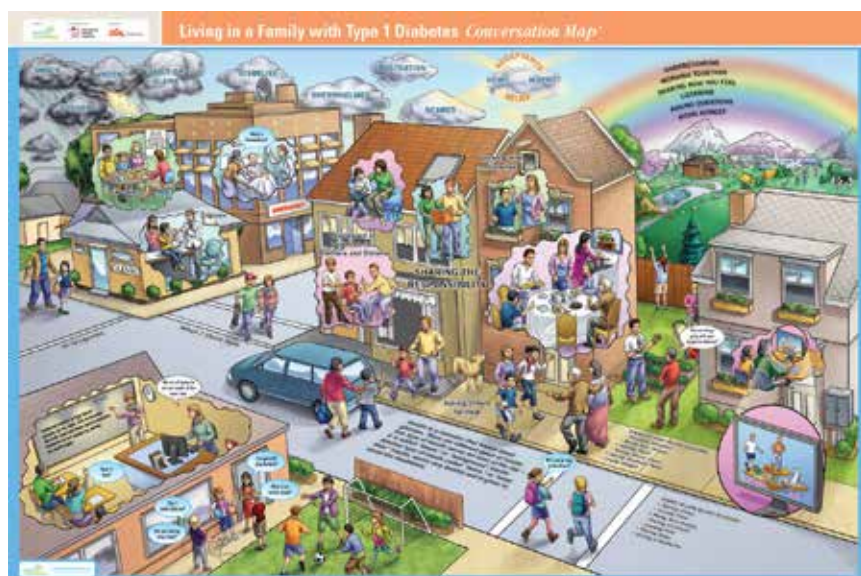
DIABETES AND CARING FOR YOUR FEET

Geography/Audience: International

Status: **In Market**

KEY POINTS

- » Why it is important to care for your feet
- » Looking at your feet every day
- » Cleaning and caring for your feet
- » Protecting your feet and choosing proper footwear
- » What to do if you discover a foot problem



LIVING IN A FAMILY WITH TYPE 1 DIABETES

Geography/Audience: International

Status: **In Market**

KEY POINTS

- » Why accepting the diagnosis of diabetes is important
- » The feelings and emotions that can come with having diabetes
- » How to explain diabetes to family, friends, and teachers
- » How diabetes affects family members, such as brothers or sisters
- » Asking others for help and sharing the work of diabetes within the family
- » How to grow up healthy with diabetes



UNDERSTANDING THE MANY FACTORS OF MANAGING DIABETES

Geography/Audience: International

Status: **In Market**

KEY POINTS

- » Your experience and understanding of diabetes
- » The complications related to diabetes and screening for these complications
- » Managing the risk factors
- » Medication options for diabetes and other risk factors for complications
- » Other issues related to medications



KEY POINTS

- » Fasting during Ramadan—one of the Five Pillars of Islam
- » Understanding the risks of fasting
- » What happens to your body while fasting
- » Fasting-associated complications
- » Managing a day during Ramadan
- » Diet, physical activity, medication, and scheduling your Pre-Ramadan Medical Assessment
- » Creating a Diabetes and Ramadan Management Plan and involving your support network

MANAGING DIABETES DURING RAMADAN

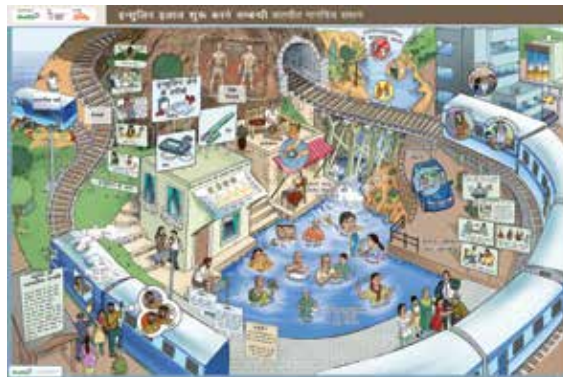
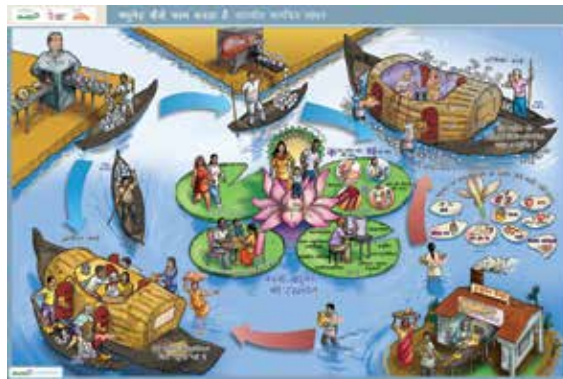
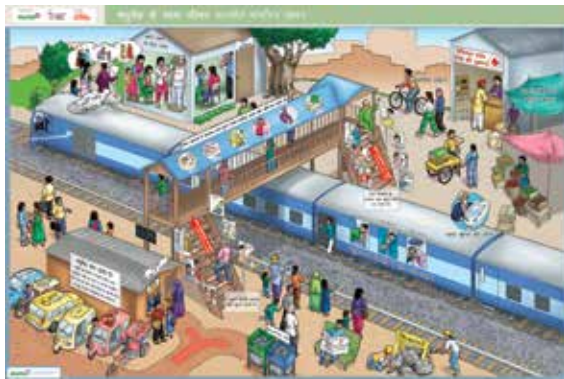
Geography/Audience: International

Status: **In Market**

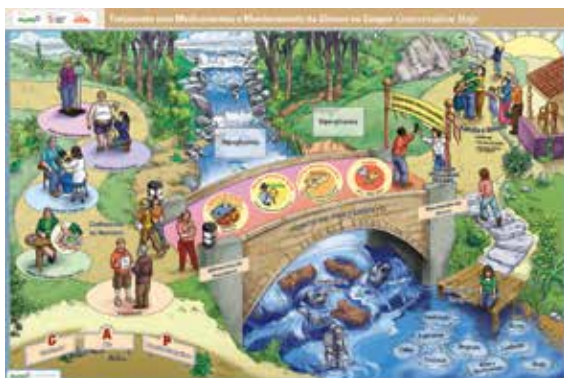
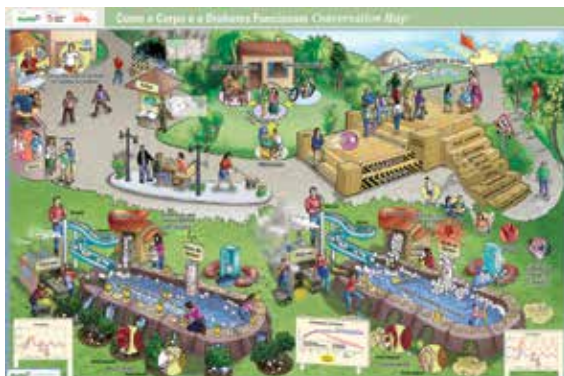
REGIONAL MODIFICATIONS | ASIA - CHINA



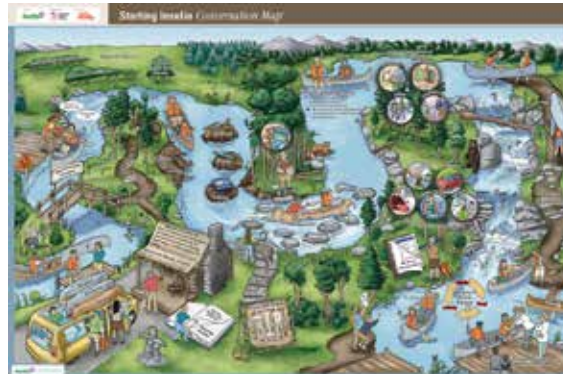
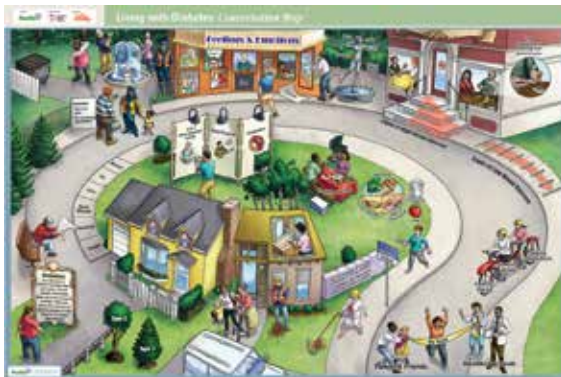
REGIONAL MODIFICATIONS | ASIA - INDIA



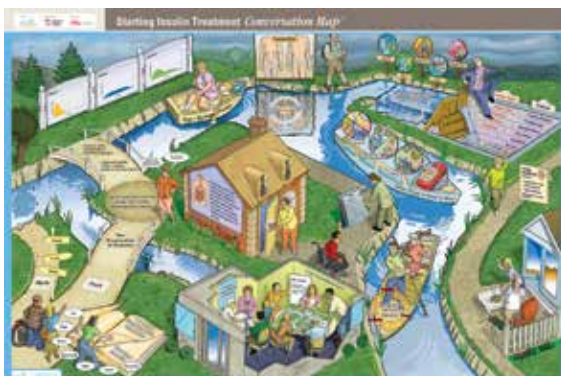
REGIONAL MODIFICATIONS | LATIN AMERICA



REGIONAL MODIFICATIONS | CANADA



REGIONAL MODIFICATIONS | UNITED KINGDOM



COUNTRIES PARTICIPATING IN THE DIABETES CONVERSATIONS PROGRAM

EUROPE

Algeria
Austria
Bahamas
Bahrain
Baltics
Barbados
Belgium
Bulgaria
Commonwealth of Independent States (CIS)
Croatia
Czech Republic
Denmark
Egypt
Estonia
Finland
France
Georgia
Germany
Greece
Guyana
Hungary
Iraq
Israel
Italy
Jordan
Kazakhstan
Kuwait
Latvia
Lithuania
Lebanon
Libya
Luxembourg
Middle East/North Africa
Morocco
Netherlands
New Zealand
Norway

EUROPE (CONT.)

Oman
Persian Gulf
Poland
Portugal
Qatar
Republic of Ireland
Romania
Russia
Saudi Arabia
Slovak Republic
Slovenia
Spain
Sweden
Switzerland
Tunisia
Turkey
Ukraine
United Arab Emirates

ASIA

Australia
China
Hong Kong
India
Indonesia
Japan
Korea
Malaysia
Pakistan
Philippines
Singapore
South Korea
Sri Lanka
Taiwan
Thailand
Vietnam

UNITED KINGDOM

Northern Ireland
Scotland
Wales

AMERICAS

Argentina
Belize
Bolivia
Brazil
Canada
Caribbean Islands
Chile
Colombia
Costa Rica
Dominican Republic
Ecuador
El Salvador
Guatemala
Haiti
Honduras
Jamaica
LACMASS
Mexico
Panama
Peru
SPAR
Venezuela

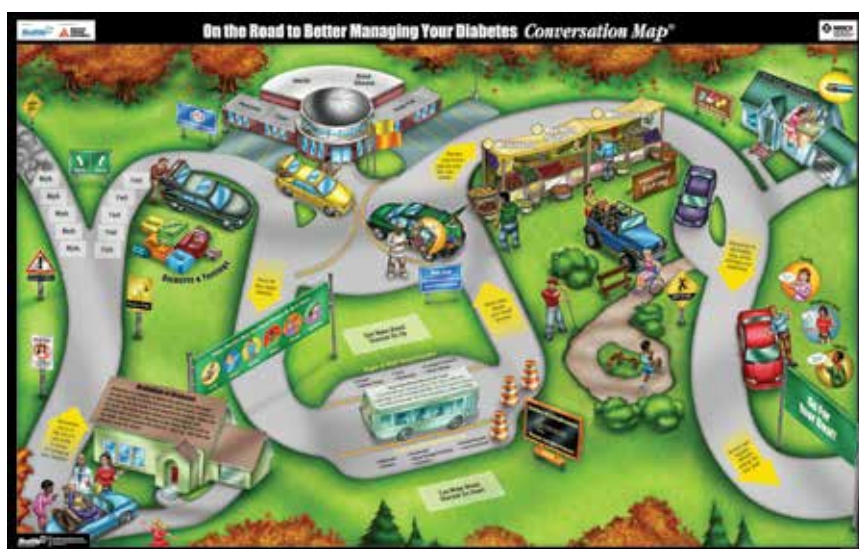
AFRICA

Botswana
Burkina Faso
Burundi
Cameroon
Central African Republic
Eritrea
Ethiopia
Gambia
Ghana
Guinea
Ivory Coast
Kenya
Malawi
Mali
Mauritius
Mozambique
Namibia
Nigeria
Rwanda
Senegal
Seychelles
South Africa
Sub-Saharan
Sudan
Swaziland
Tanzania
Togo
Uganda
Zambia
Zimbabwe

US DIABETES CONVERSATION MAP® TOOLS

The 5 US Diabetes *Conversation Map* education tools can support in helping patients understand many of the basic facts associated with diabetes, the relationship between diabetes and healthy eating, the value of monitoring and using the results, the natural course of diabetes, and gestational diabetes. The *Conversation Map* education tools can be used to supplement an entire curriculum or portions of it.

Using Conversation Map education tools, people in groups of 3 to 10 go through an accelerated learning experience that enables them to effectively internalize health-related information and draw new conclusions. The outcomes of this experience are better decision making and an active commitment to life-affirming change.



ON THE ROAD TO BETTER MANAGING YOUR DIABETES

Geography/Audience: United States

Status: **In Market**

KEY POINTS

- » What diabetes is and some of the most common myths about diabetes
- » The feelings that you can have about diabetes
- » What blood glucose and insulin are
- » Monitoring your blood glucose and using the results
- » Managing diabetes with healthy eating, physical activity, and taking medicine
- » The importance of having a plan and engaging a support network and healthcare team



DIABETES AND HEALTHY EATING

Geography/Audience: United States

Status: **In Market**

KEY POINTS

- » The relationship between blood glucose and food
- » Feelings about food and eating
- » The nutrients that make up food
- » How what you eat, how much you eat, and when you eat can affect your blood glucose
- » Meal planning and other strategies for healthy eating
- » The importance of having a plan for eating and engaging your support network and healthcare team



MONITORING YOUR BLOOD GLUCOSE

Geography/Audience: United States

Status: **In Market**

KEY POINTS

- » What blood glucose and insulin are
- » Blood glucose targets and how you feel when your blood glucose is in and out of your target ranges
- » Monitoring and knowing your A1C
- » What can make blood glucose go up and down and preventing high and low blood glucose
- » Using your monitoring results to manage your diabetes



CONTINUING YOUR JOURNEY WITH DIABETES

Geography/Audience: United States

Status: In Market

KEY POINTS

- » The natural course of diabetes
- » Recognizing the fact that it may become more difficult to keep your blood glucose within your target range
- » The potential long-term complications of diabetes
- » How to delay or reduce the risk of long-term complications by keeping your blood glucose on target
- » The importance of checking for long-term complications and knowing your ABCs



CARING FOR GESTATIONAL DIABETES

Geography/Audience: United States

Status: **In Market**

KEY POINTS

- » What gestational diabetes is
- » Feelings about being diagnosed with gestational diabetes and trying to manage it
- » The risks related to having gestational diabetes
- » Caring for gestational diabetes
- » What to expect after pregnancy and the risk of getting type 2 diabetes
- » Making a plan to care for gestational diabetes

US DIABETES CONVERSATION MAP® TOOLS | SPANISH



CONVERSATION MAP® PROGRAM FEATURED IN CARDINAL HEALTH DIABETES SPECIALIZED CARE CENTERS

Community pharmacies now have access to our *Conversation Map* tools. Any Cardinal Health pharmacy with a Diabetes Specialized Care Center can utilize our Maps to empower patients with diabetes to better understand the disease and better manage their overall health.



*The American Diabetes Association Recognizes this education service as meeting the National Standards for Diabetes Self-Management Education.



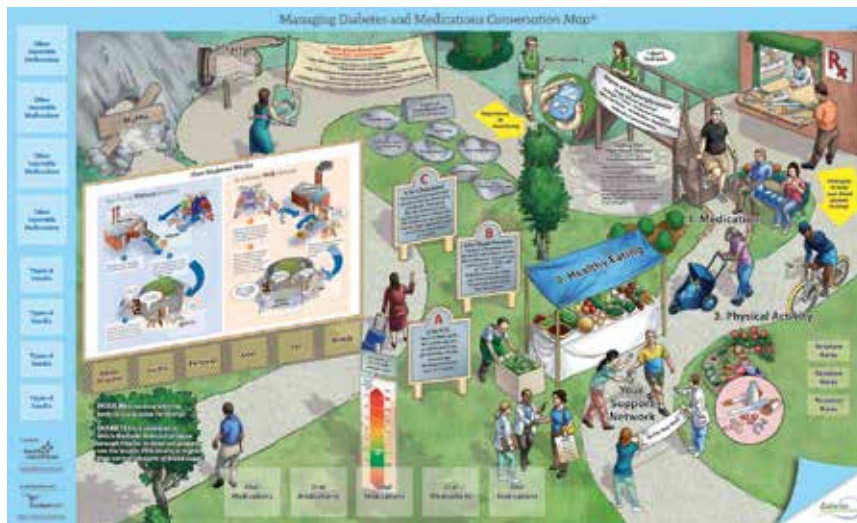
KEY POINTS

- » Understand the retail pharmacy market
- » Understand the impact of diabetes to your business
- » Facilitate effective *Conversation Map* sessions

THE BIG SQUEEZE: EXPLORING OUR EVOLVING MARKETSPACE

Geography/Audience: US/Pharmacy Staff

Status: **Developed**



MANAGING DIABETES AND MEDICATIONS

Geography/Audience: US/Pharmacy Customers

Status: **Developed**

KEY POINTS

- » Understanding diabetes: what it is and how it affects the body
- » Common myths and facts about diabetes
- » Knowing your targets and testing your blood glucose
- » Understanding high and low blood glucose
- » The natural course of diabetes and strategies for management
- » Managing diabetes through medications
- » Goal setting



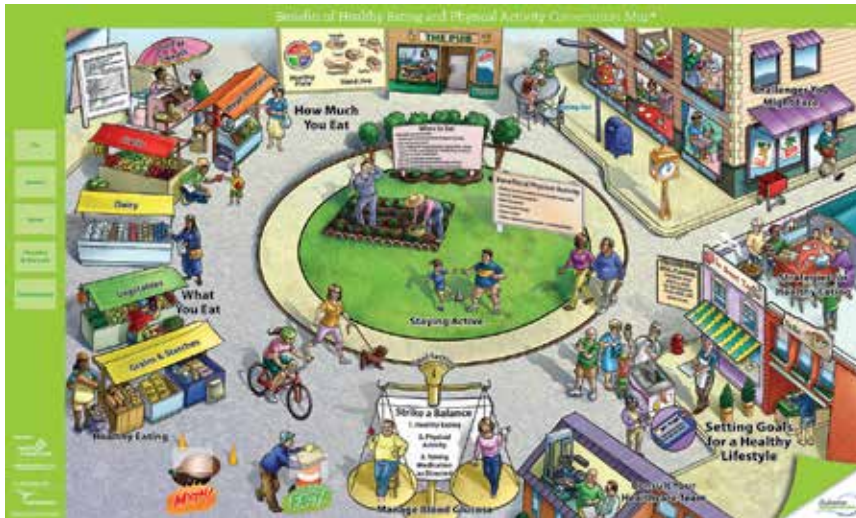
THE IMPORTANCE OF MONITORING YOUR DIABETES

Geography/Audience: US/Pharmacy Customers

Status: **Developed**

KEY POINTS

- » The ABCs and other key measures for diabetes
- » How to test your blood glucose and the benefits of testing
- » Knowing when to test and why
- » Keeping a record of your test results
- » What you can learn by tracking your numbers
- » Understanding what impacts your numbers
- » Interpreting the results
- » Creating a plan based on your results



BENEFITS OF HEALTHY EATING AND PHYSICAL ACTIVITY

Geography/Audience: US/Pharmacy Customers

Status: **Developed**

KEY POINTS

- » Managing diabetes with healthy eating and physical activity
- » Exploring myths and facts about food and healthy eating
- » The basics of healthy eating
- » Knowing what to eat, how much, and when to eat
- » Dealing with challenges to eating healthy
- » Examining the importance of staying active, suggestions on how much activity and how to deal with challenges
- » Setting goals to achieve a healthy lifestyle

CAREGIVER DIABETES EDUCATION PROGRAM

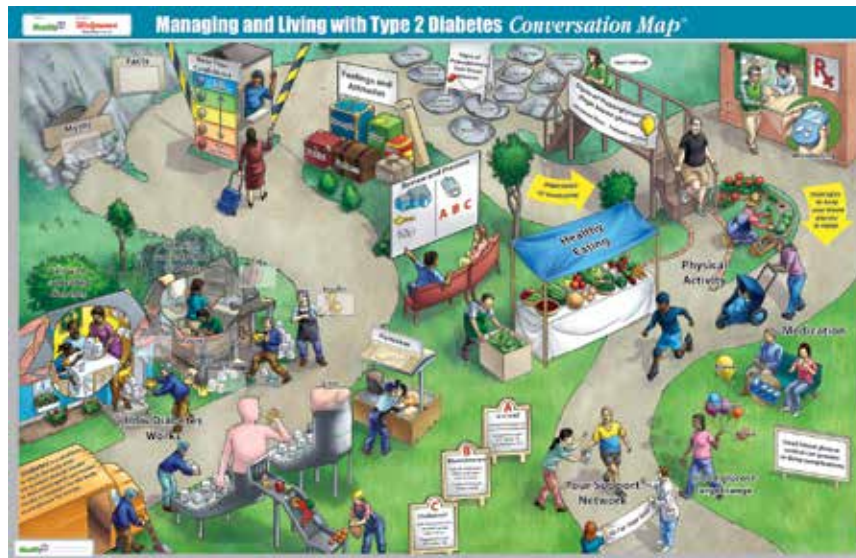


CAREGIVER DIABETES EDUCATION PROGRAM

Geography/Audience: Middle East/North Africa

Status: **In Market**

OTHER DIABETES RELATED PROGRAMS



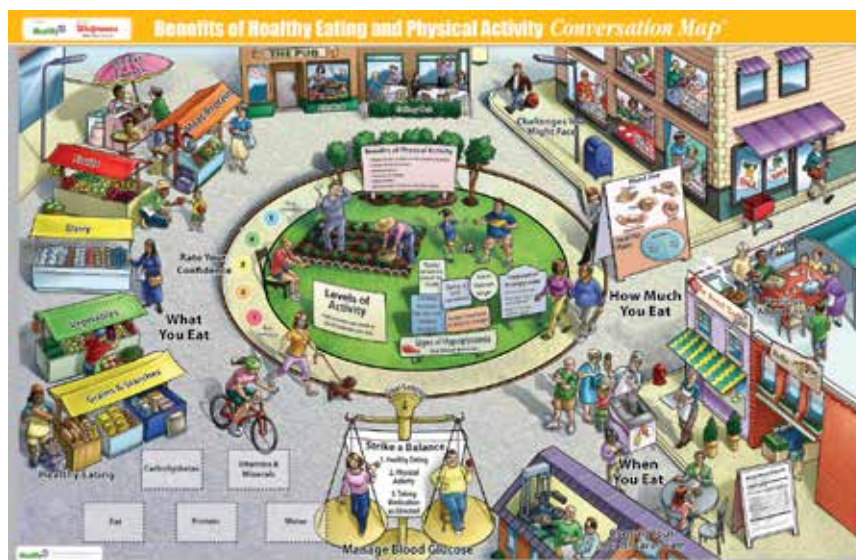
MANAGING AND LIVING WITH TYPE 2 DIABETES

Geography/Audience: US

Status: **Developed**

KEY POINTS

- » What is Type 2 diabetes
- » What the ABCs of diabetes are
- » Feelings about living with diabetes
- » Signs and symptoms of hyper and hypoglycemia
- » The importance of monitoring blood glucose levels, physical activity, and healthy eating with diabetes
- » The effect of diabetes medications on blood glucose levels
- » Setting an action plan to achieve your goals



BENEFITS OF HEALTH EATING AND PHYSICAL ACTIVITY

Geography/Audience: US

Status: **Developed**

KEY POINTS

- » Relationship between food and diabetes
- » Feelings about food
- » Why meal planning is important
- » How to create a meal plan
- » Importance of being physically active
- » How physical activity affects diabetes management
- » Safety and physical activity



MONITORING TO PREVENT LONG-TERM COMPLICATIONS

Geography/Audience: US

Status: **Developed**

KEY POINTS

- » What is blood glucose
- » What is A1C/eAG
- » What makes blood glucose go up and down
- » Signs of hyper and hypoglycemia (high and low blood glucose)
- » What you can monitor at home to prevent long-term complications
- » Screenings done by your healthcare team
- » Creating a screening plan



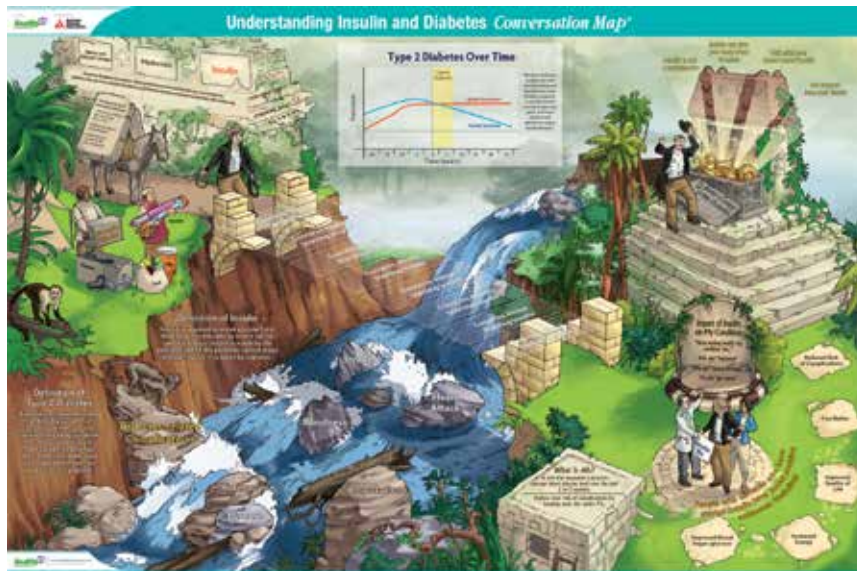
ROLE OF MEDICATIONS

Geography/Audience: US

Status: **Developed**

KEY POINTS

- » Changes in managing diabetes
- » Importance of taking your medication as directed
- » Benefits of medications
- » Oral medications
- » Managing multiple medications
- » Making changes in medications
- » Non-oral medications
- » Starting insulin



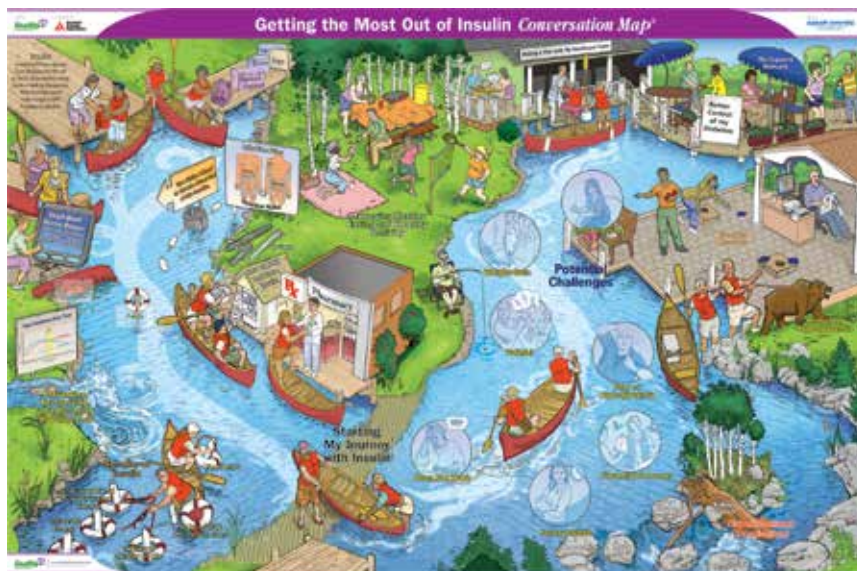
KEY POINTS

- » What type 2 diabetes and insulin are
- » How type 2 diabetes changes over time
- » The main goals of managing diabetes
- » Common concerns one might have about starting insulin
- » Facts and stories that help to address those concerns
- » The real benefits of insulin treatment

UNDERSTANDING INSULIN AND DIABETES

Geography/Audience: US

Status: **Developed**



KEY POINTS

- » The feelings you have about starting insulin
- » What insulin is and why you need insulin
- » The different ways to take insulin and the basics about taking insulin
- » The benefits of insulin
- » The potential challenges you may come across when starting insulin
- » The importance of healthy eating and healthy activity when taking insulin

GETTING THE MOST OUT OF INSULIN

Geography/Audience: US

Status: **Developed**



GETTING STARTED WITH MEALTIME INSULIN

Geography/Audience: US

Status: **Developed**

KEY POINTS

- » Your experience with diabetes and diabetes treatment
- » What adding mealtime insulin means and why you need it
- » The benefits of mealtime insulin
- » Factors that influence your insulin dose
- » Preventing and managing hypoglycemia
- » How to determine your insulin dose based on what you eat
- » Potential challenges you may come across with mealtime insulin

OTHER CONVERSATION MAP® PROGRAMS

HEALTHY KIDS CONVERSATION MAP® PROGRAM

The Healthy Kids program is designed by subject matter experts to empower elementary school children and their parents to make good decisions related to eating and physical activity.



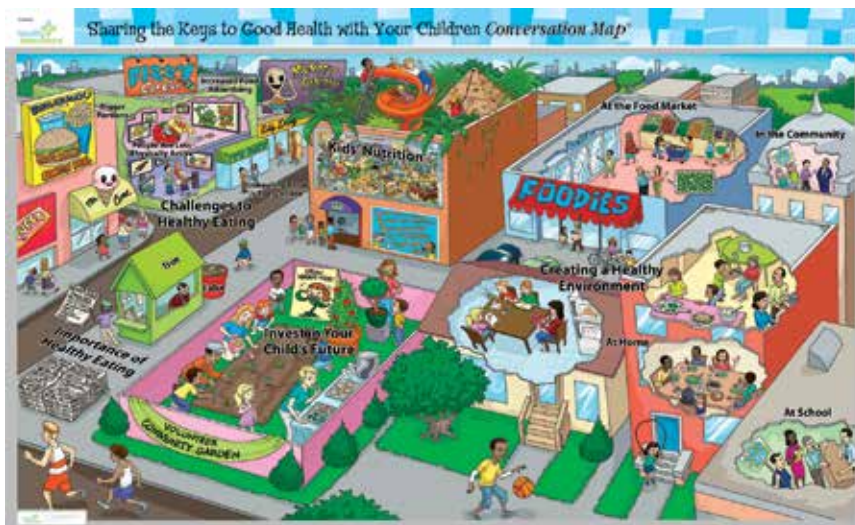
KEY POINTS

- » How the body works
- » What to eat
- » Media literacy
- » Eating mindfully
- » Portion control
- » Planning for, shopping for, and preparing “strong” meals
- » Physical activity

HEALTHY KIDS AND THE KEYS TO GOOD HEALTH

Geography/Audience: Global/Children

Status: **In Market**



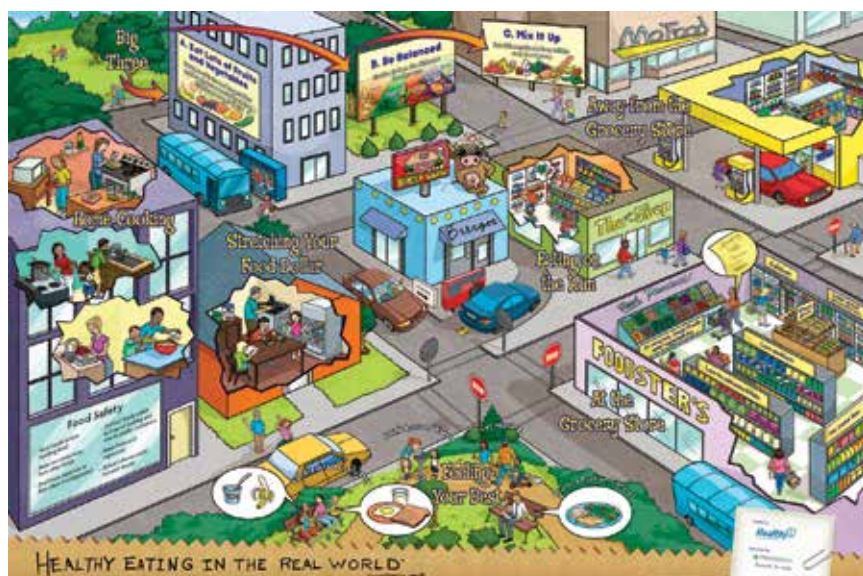
KEY POINTS

- » Positive parenting for healthy eating
- » Basic childhood nutrition
- » Planning for, shopping for, and preparing “strong” meals
- » Creating a healthy eating environment
- » Advocating for your child

SHARING THE KEYS TO GOOD HEALTH WITH YOUR CHILDREN

Geography/Audience: Global/Parents

Status: **In Market**



KEY POINTS

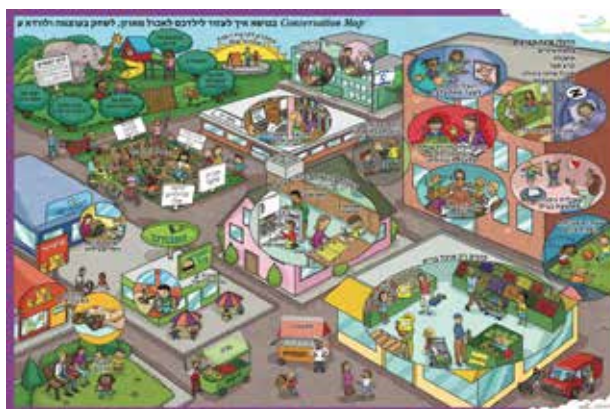
- » Food Journals
- » The Big Three: Basics of Healthy Eating
- » Stretching Your Food Dollar
- » Healthy Shopping at the Grocery Store
- » Healthy Shopping Away from the Grocery Store
- » Healthy Eating on the Run
- » Home Cooking and Why It's a Good Idea
- » Feeling Your Best: Moving Beyond the Basics

HEALTHY EATING IN THE REAL WORLD

Geography/Audience: Global/Adult

Status: **In Market**

HEALTHY KIDS CONVERSATION MAP® PROGRAM | ISRAEL



MEDICARE CONVERSATION MAP PROGRAMS



KEY POINTS

- » Health coverage and retirement
- » The basic Parts of Medicare
- » Understanding and evaluating provider access, cost, coverage, and convenience of your health plan options
- » Common myths and misconceptions of Medicare and Medicare Advantage plans

CHOOSING YOUR PATH: THE ROAD TO HEALTHCARE IN RETIREMENT

Geography/Audience: US/Retirees

Status: **In Market**



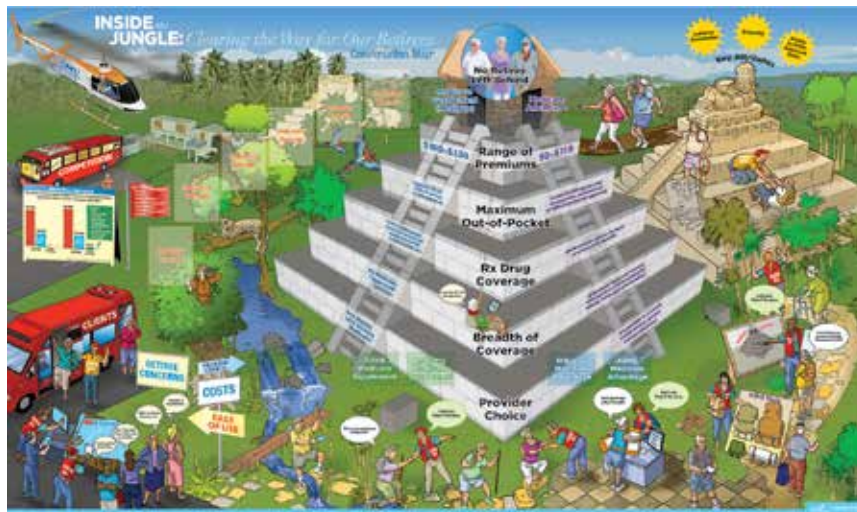
KEY POINTS

- » Your experience with your health insurance
- » The different Parts of Medicare and what each Part covers
- » The history of Medicare and why Medicare Part C came to be
- » The potential benefits of Medicare Advantage plans
- » W.H.E.A.T.: specific benefits of Aetna's Medicare Advantage plan
- » Selecting the right type of Medicare plan for you

THE BIG PICTURE OF MEDICARE AND MEDICARE ADVANTAGE

Geography/Audience: US/Retirees

Status: **In Market**



INSIDE THE JUNGLE: CLEARING THE WAY FOR OUR RETIREES

Geography/Audience: US/Retirees

Status: **In Market**

KEY POINTS

- » The current benefits trends impacting today's retirees and their decisions.
- » The key elements or factors that drive the retiree's selection of a particular healthcare plan.
- » Understand, identify, and educate retirees on the optimal plan or products (from both sides' perspective) that best fit their unique needs.
- » What their role is as a "facilitator" or "navigator" in the retirees' plan selection process.
- » What skills and attributes BAs must have to successfully serve as a facilitator of that process.

ORCHESTRATING CONNECTIONS CONVERSATION MAP®



ORCHESTRATING CONNECTIONS: SUPPORTING ENGAGEMENT AND ACTION

Geography/Audience: Global/Facilitators

Status: **In Market**

KEY POINTS

- » The overall impact chronic conditions are having on our healthcare system
- » How this impact has affected the way a healthcare team delivers care to the chronically ill patient
- » The attributes of engaging learning experiences
- » The *Conversation Map* methodology and approach
- » The principle elements of the *Conversation Map* experience

RESPIRATORY CONVERSATION MAP PROGRAMS



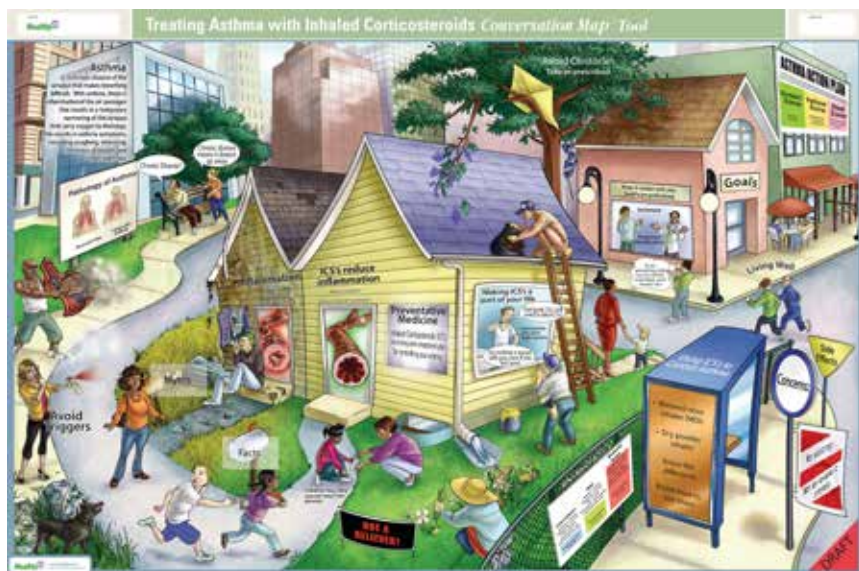
KEY POINTS

- » Characteristics of empowered and struggling patients
- » Setting educational priorities for your patients
- » Opportunities within your practice to empower patients
- » Identifying tools and resources to help empower patients
- » Creating a goal and a plan for your practice
- » Tracking progress toward your goals

RESPIRATORY CARE

Geography/Audience: US/RNs, Clinic Staff

Status: **In Market**



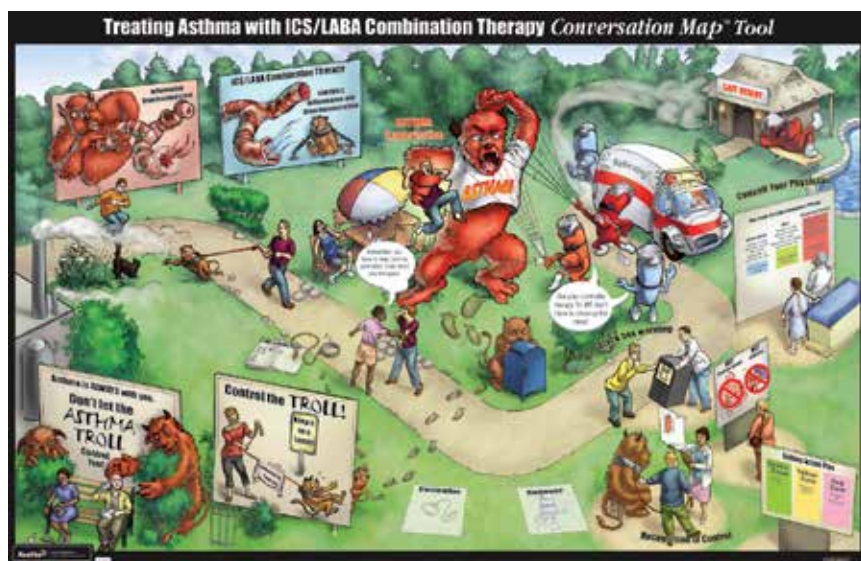
KEY POINTS

- » Understanding asthma as a chronic disease
- » Understanding how ICS therapy controls asthma
- » Understanding the need for consistent control treatment
- » Knowing how to use ICS therapy
- » Addressing concerns about ICS therapy
- » Assessing asthma control and modifying treatment

TREATING ASTHMA WITH INHALED CORTICOSTEROIDS

Geography/Audience: US

Status: **In Development**



KEY POINTS

- » How asthma affects the lungs
- » How ICS/LABA combination therapy treats asthma
- » Understanding that asthma is a chronic disease
- » Understanding the need for consistent control treatment
- » Addressing concerns about ICS/LABA combination therapy
- » Assessing asthma control and modifying treatment

TREATING ASTHMA WITH ICS/LABA COMBINATION THERAPY

Geography/Audience: US

Status: **In Development**



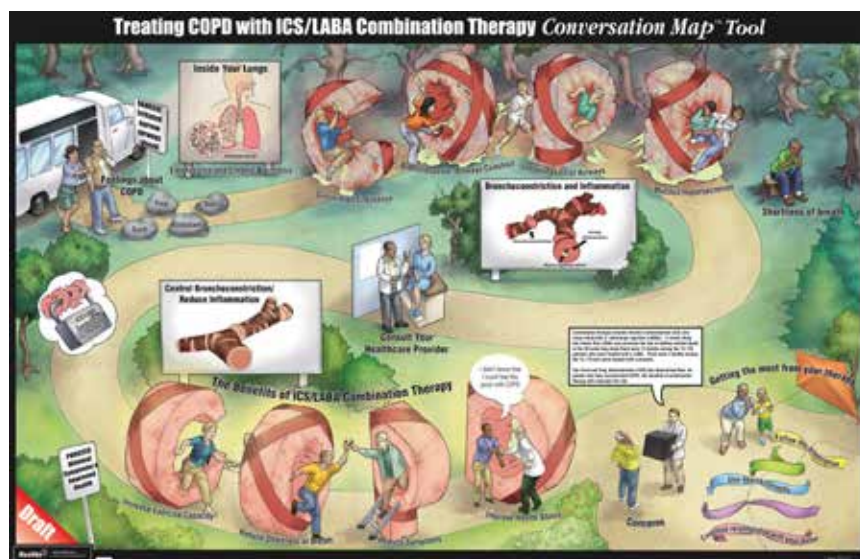
AN ADULT ASTHMA PATIENT'S JOURNEY TO QUALITY CARE

Geography/Audience: US

Status: **In Development**

KEY POINTS

- » How you define an 'ideal' patient
- » The difference between an 'empowered' adult asthma patient and one who is 'struggling'
- » The benefits of an empowered and his/her health and the practice
- » The opportunities that exist at the interactions we have with our adult asthma patients to influence the best health outcomes
- » The recommendations and tools that can be used at each interactions to empower patients



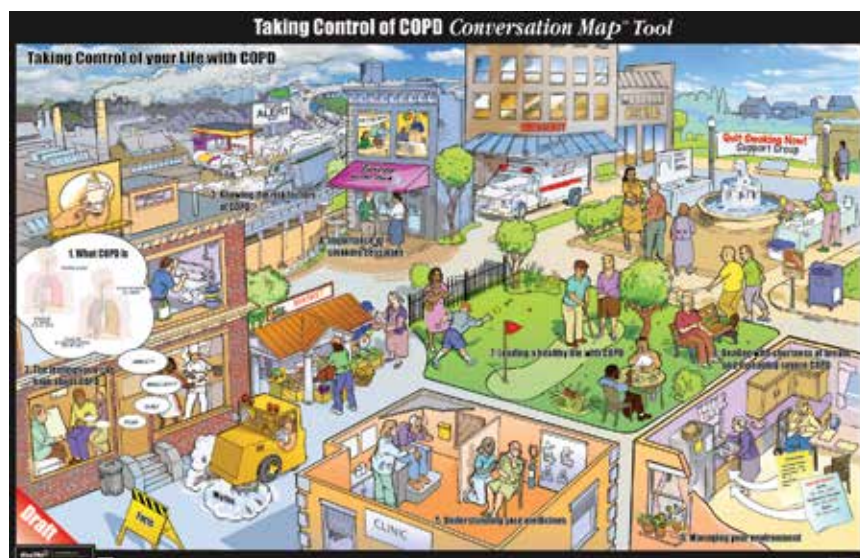
KEY POINTS

- » Feelings and experiences associated with COPD
- » Understanding COPD and its symptoms
- » How ICS/LABA combination therapy helps control symptoms of COPD
- » The benefits of treating COPD with ICS/LABA combination therapy
- » Addressing concerns about ICS/LABA combination therapy
- » Getting the most out your treatment

TREATING COPD WITH ICS/LABA COMBINATION THERAPY

Geography/Audience: US/Patients

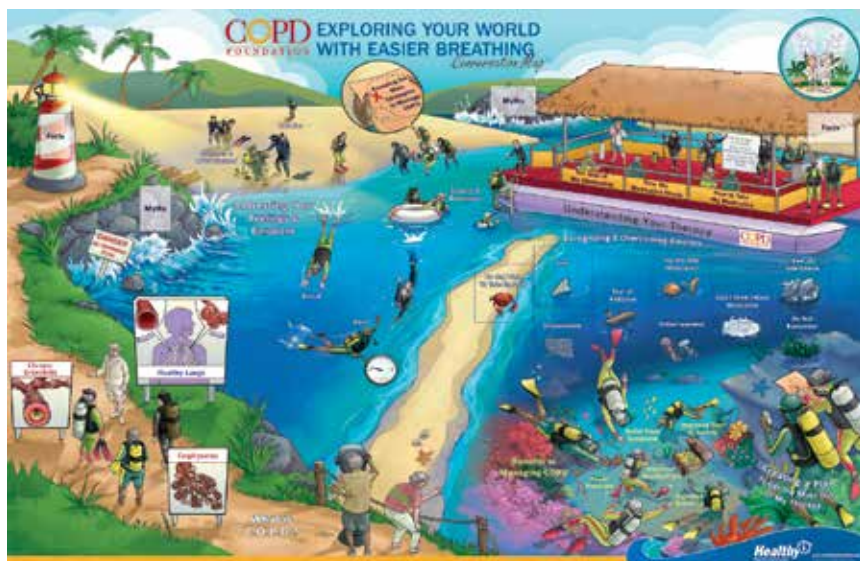
Status: **In Development**



TAKING CONTROL OF COPD

Geography/Audience: US

Status: **In Development**



EXPLORING YOUR WORLD WITH EASIER BREATHING

Geography/Audience: US

Status: **Developed**

KEY POINTS

- » What COPD is and how it affects you
- » Common myths and facts about COPD
- » Feelings and emotions people experience with COPD
- » The main strategies to managing COPD
- » Understanding how to get the most out of your medication
- » Recognizing and overcoming the barriers that prevent you from using your COPD medication
- » Creating a plan to best manage your COPD and involving your support network



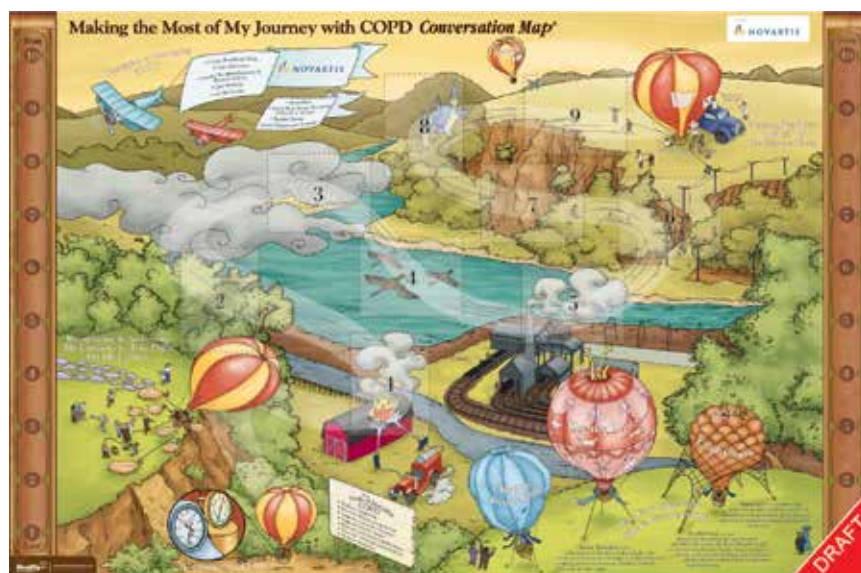
EXPLORING AND MANAGING YOUR LIFE WITH COPD

Geography/Audience: US

Status: **In Market**

KEY POINTS

- » The benefits of managing COPD
- » What COPD is and how it affects you
- » The importance of getting the right information about COPD
- » Your feelings and emotions about COPD
- » Strategies for managing COPD
- » Navigating the obstacles of everyday life with COPD
- » Making changes to best manage your COPD



MAKING THE MOST OF MY JOURNEY WITH COPD

Geography/Audience: US/Patients

Status: **In Development**

KEY POINTS

- » How the lungs work with and without COPD
- » The goals of managing COPD
- » Your experience with COPD
- » The strategies that will help you get the most out of your journey ahead with COPD
- » Working with your healthcare team to make a treatment plan that is best for you
- » Building confidence in yourself, your treatment plan, and your support network to manage your COPD



CULTIVATING WELL-BEING WITH COPD

Geography/Audience: US

Status: **In Development**

ONCOLOGY CONVERSATION MAP PROGRAMS



KEY POINTS

- » Your experience living with MDS
- » What MDS is and some of the potential signs and symptoms of MDS
- » The importance of testing and monitoring
- » Treatment options and your treatment plan
- » Living with MDS and taking an active role in your treatment decisions

LIVING WITH MDS

Geography/Audience: Canada/Patients

Status: **Developed**

OBESITY/WEIGHT MANAGEMENT



KEY POINTS

- » Your goals and motivations
- » Your previous weight loss efforts, what may have been missing, and what worked well
- » What you can expect
- » An overview of the program
- » What you'll begin doing this week

THE PATH AHEAD

Geography/Audience: US

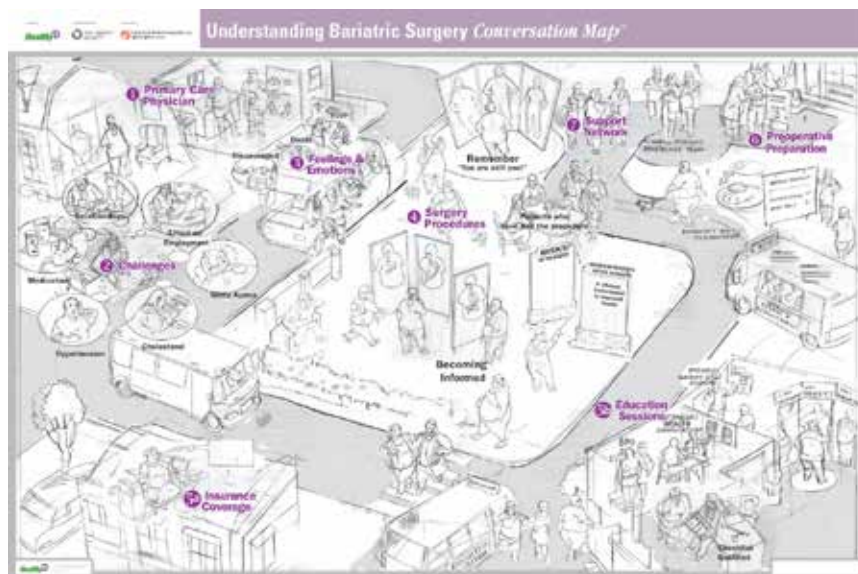
Status: **In Development**



WEIGHT MANAGEMENT

Geography/Audience: US

Status: **In Development**



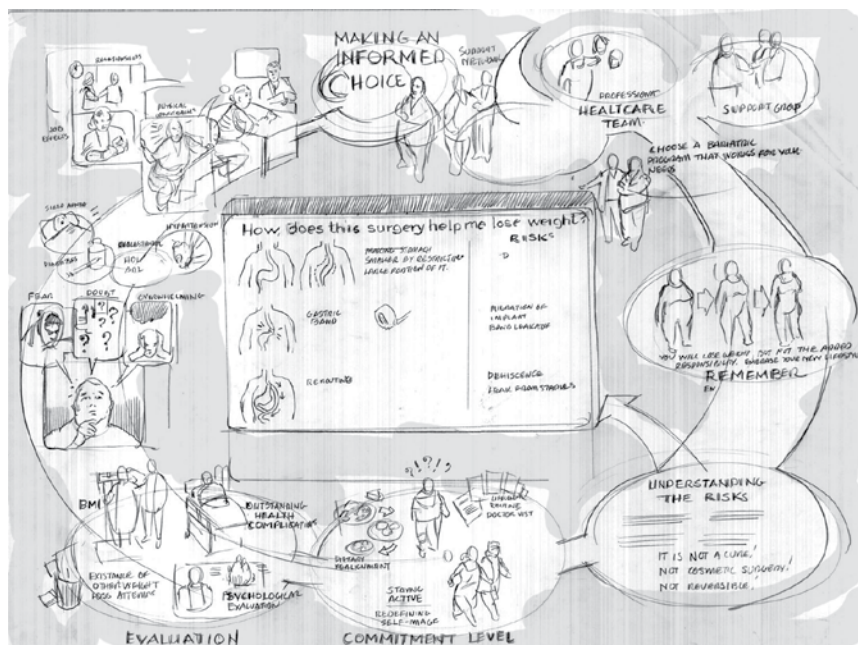
KEY POINTS

- » How you feel about your current bariatric surgery
- » Understanding that bariatric surgery is a tool, not a cure-all
- » Potential benefits of bariatric surgery
- » What you need to know about life after bariatric surgery
- » Preparation for bariatric surgery
- » Importance of setting goals and utilizing your support network

UNDERSTANDING BARIATRIC SURGERY

Geography/Audience: US

Status: **In Development**



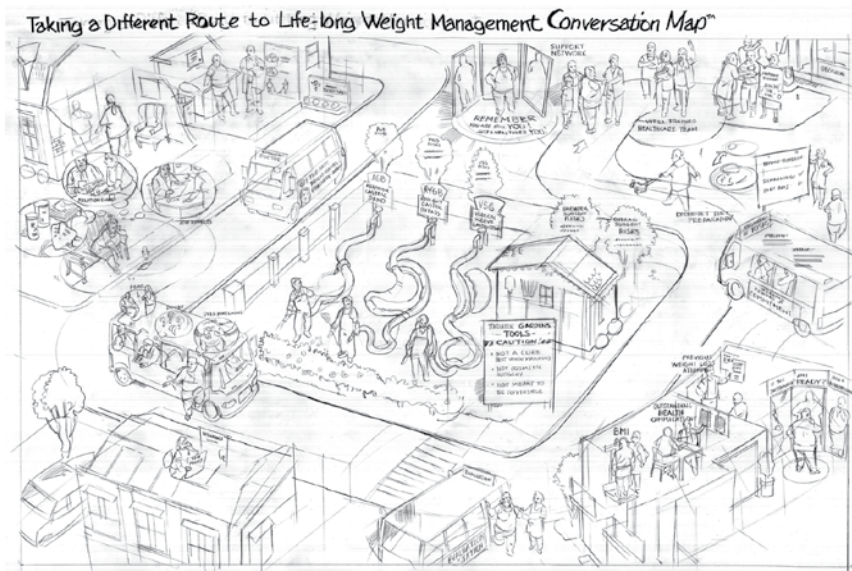
KEY POINTS

- » Understanding the self-monitoring guidelines immediately after surgery
- » Learning the different surgery options available
- » Knowing the post-surgery limitations
- » Recognizing the lifelong journey with bariatric surgery
- » Discussing the risk of complications, managing social issues, and importance of exercise
- » Setting goals and using your support network to live a healthy life after surgery

MAKING AN INFORMED CHOICE

Geography/Audience: US

Status: **In Development**

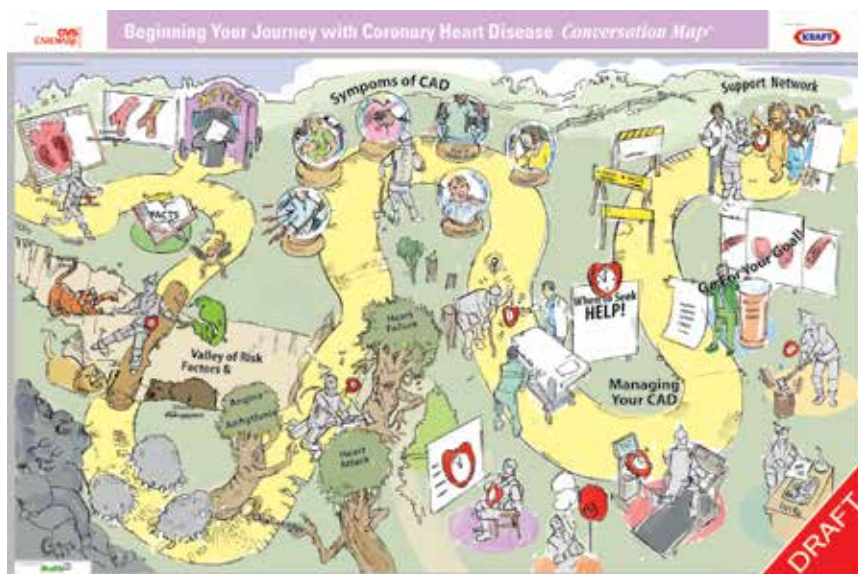


TAKING A DIFFERENT ROUTE TO LIFE-LONG WEIGHT MANAGEMENT

Geography/Audience: US

Status: **In Development**

HEART DISEASE CONVERSATION MAP PROGRAMS



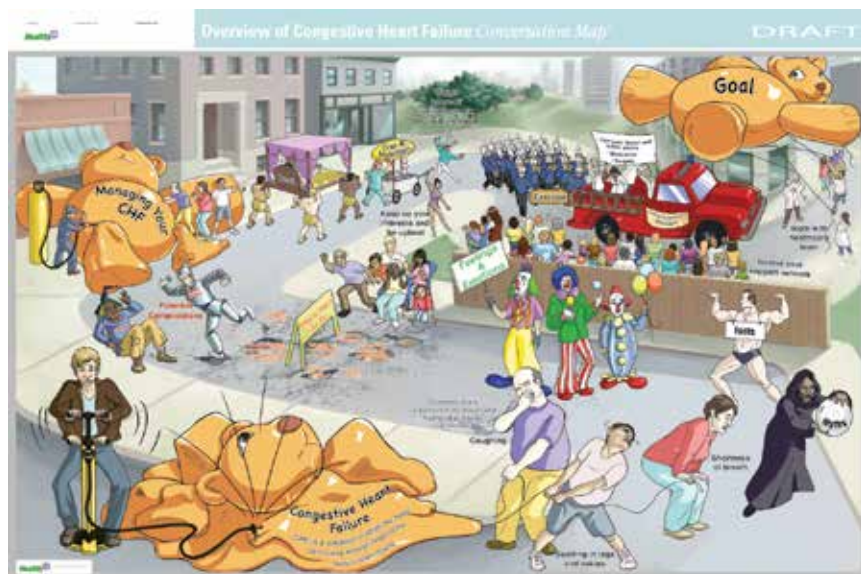
BEGINNING YOUR JOURNEY WITH CORONARY HEART DISEASE

Geography/Audience: US

Status: **In Development**

KEY POINTS

- » What is coronary artery disease
- » The modifiable and nonmodifiable risk factors and complications of CAD
- » Symptoms of CAD
- » Managing your CAD with physical activity, healthy eating, smoking cessation, and reducing stress
- » Setting goals and involving your support network to



OVERVIEW OF CONGESTIVE HEART FAILURE

Geography/Audience: US

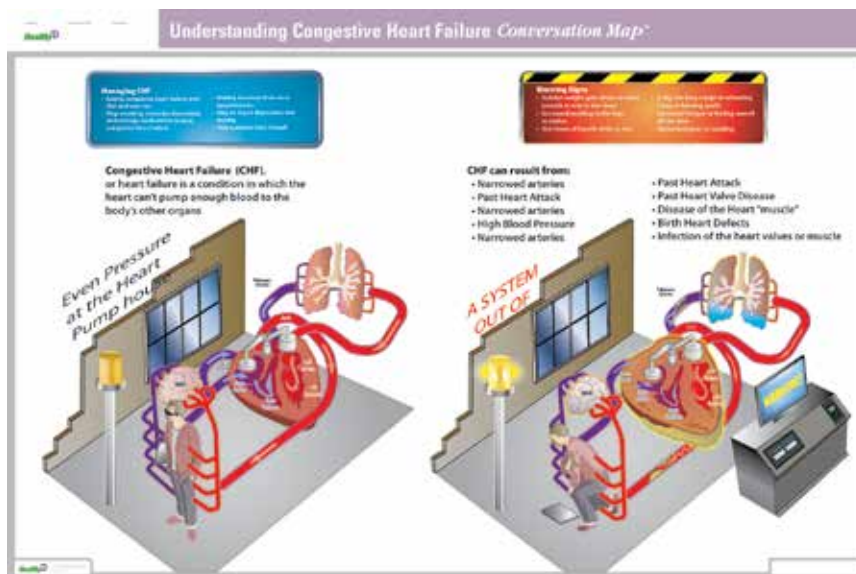
Status: In Development



LIVING WITH CHF

Geography/Audience: US

Status: In Development



UNDERSTANDING CONGESTIVE HEART FAILURE

Geography/Audience: US

Status: **In Development**



STATIN AND CHOLESTEROL ABSORPTION INHIBITOR THERAPY

Geography/Audience: US

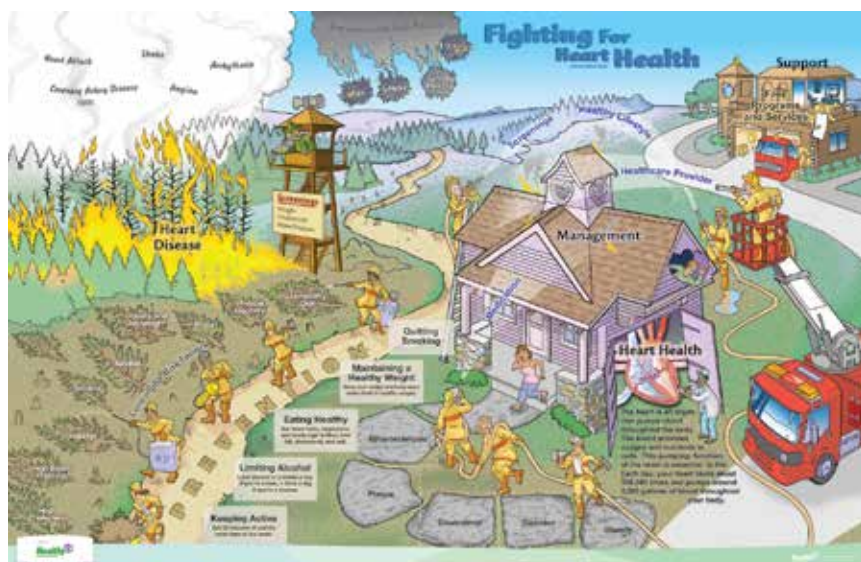
Status: **In Development**



OVERVIEW OF HIGH BLOOD PRESSURE

Geography/Audience: US

Status: **In Development**



FIGHTING FOR HEART HEALTH

Geography/Audience: US

Status: **In Development**



BLOOD PRESSURE AND YOUR HEALTH

Geography/Audience: US

Status: **In Development**

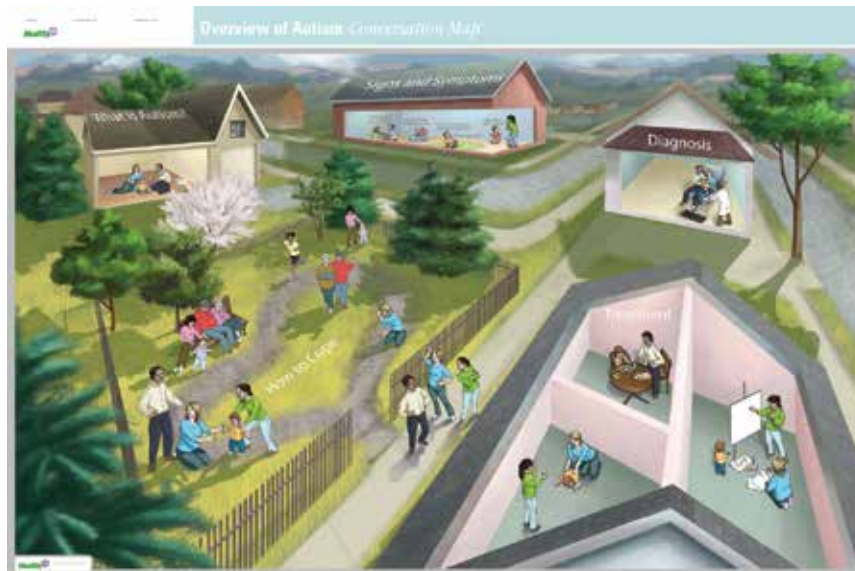


CHOLESTEROL AND YOUR HEALTH

Geography/Audience: US

Status: **In Development**

AUTISM CONVERSATION MAP PROGRAMS



OVERVIEW OF AUTISM — COMMUNITY

Geography/Audience: Canada/Patients

Status: **In Development**



OVERVIEW OF AUTISM — HOME

Geography/Audience: US

Status: **In Development**

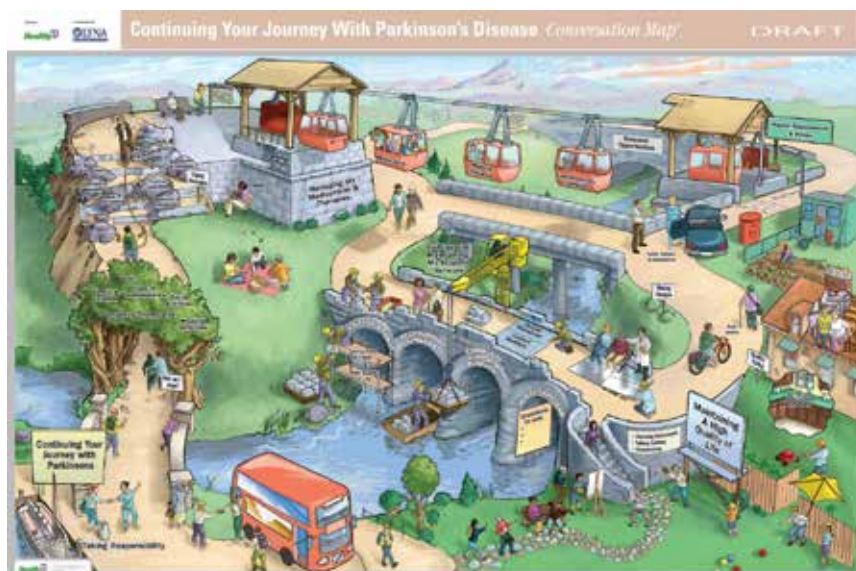
PARKINSON'S DISEASE



BEGINNING YOUR JOURNEY WITH PARKINSON'S

Geography/Audience: US

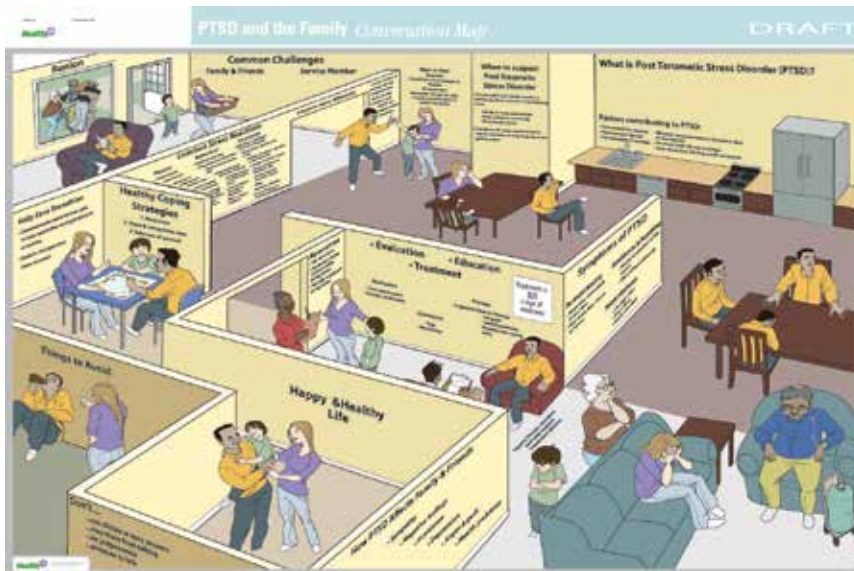
Status: **In Development**



CONTINUING YOUR JOURNEY WITH PARKINSON'S DISEASE

Geography/Audience: US

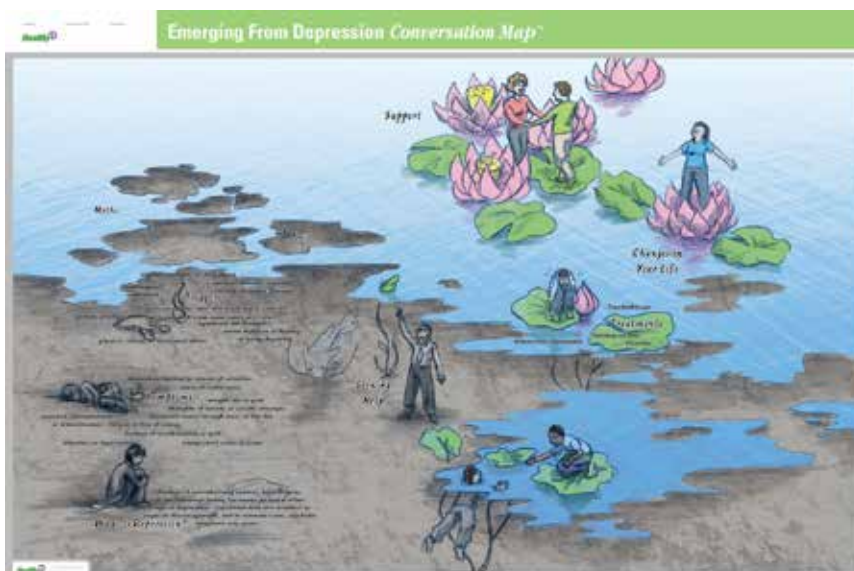
Status: **In Development**



PTSD AND THE FAMILY

Geography/Audience: US

Status: **In Development**



EMERGING FROM DEPRESSION

Geography/Audience: US

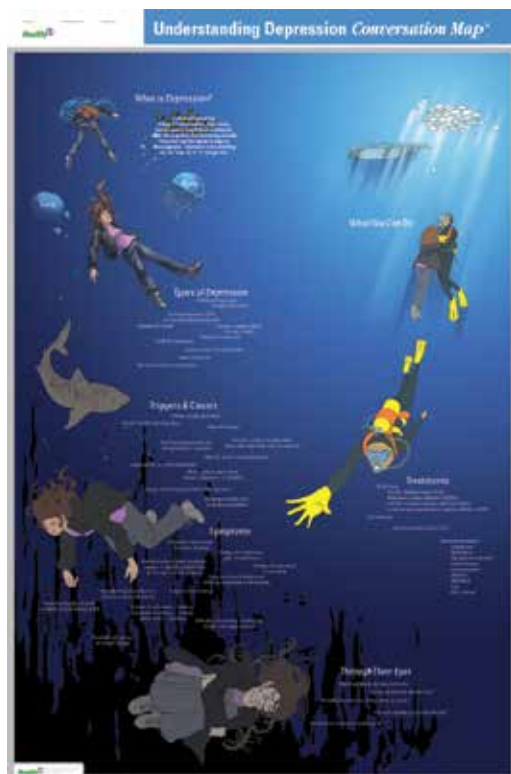
Status: **In Development**



THE LABYRINTH OF GROWING UP

Geography/Audience: US

Status: **In Development**

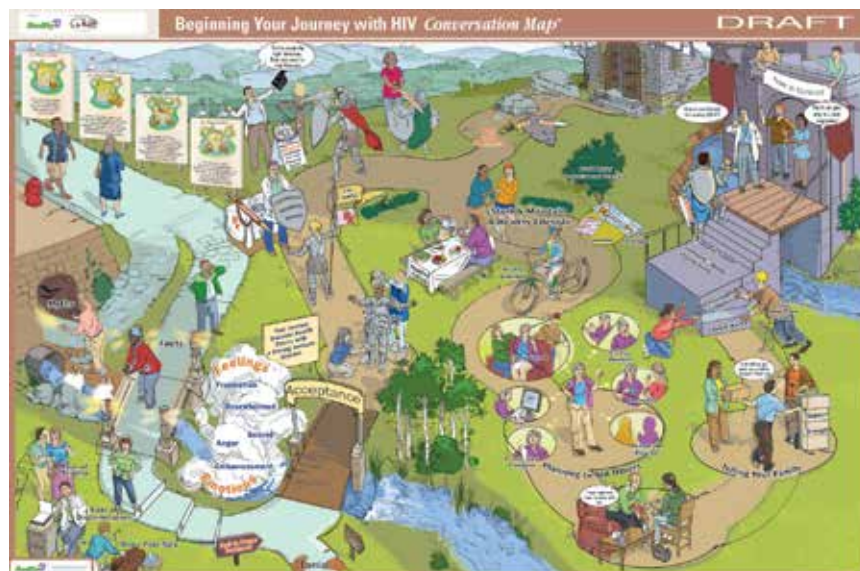


UNDERSTANDING DEPRESSION

Geography/Audience: US

Status: **In Development**

HIV

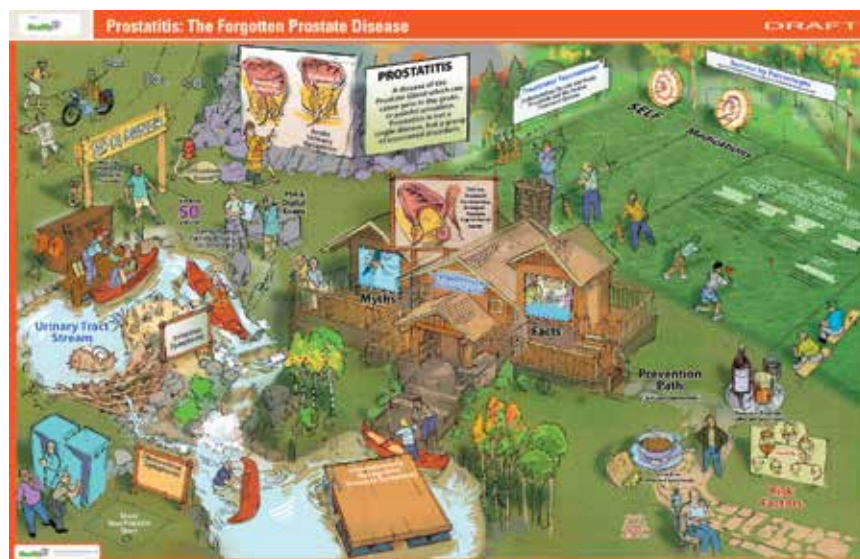


BEGINNING YOUR JOURNEY WITH HIV

Geography/Audience: US

Status: **In Development**

PROSTATITIS

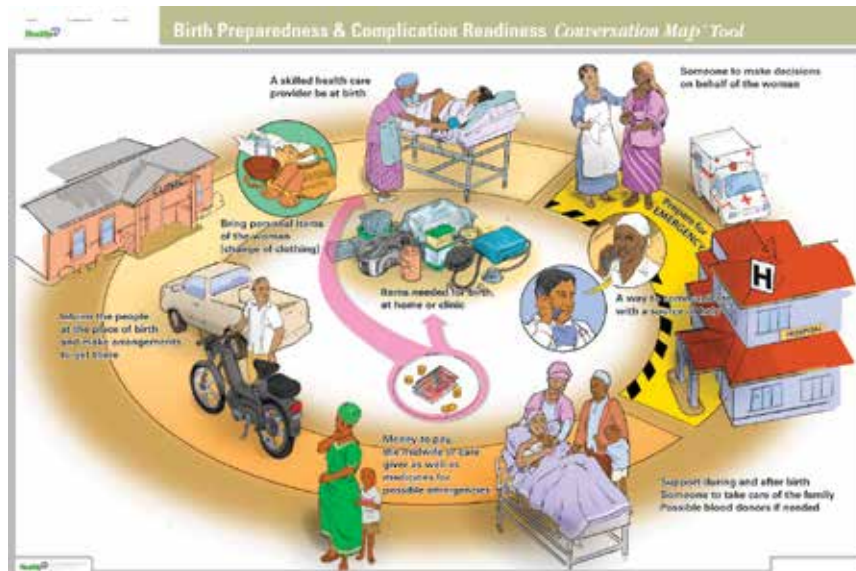


PROSTATITIS: THE FORGOTTEN PROSTATE DISEASE

Geography/Audience: US

Status: **In Development**

BIRTH PREPARATIONS AND HOSPITAL ACQUIRED INFECTIONS



BIRTH PREPAREDNESS & COMPLICATIONS READINESS

Geography/Audience: US

Status: **In Development**



RECOGNIZING THE SOURCE & STOPPING THE TRANSMISSION OF HAI'S

Geography/Audience: US

Status: **In Development**



BASIC QUALITY MIDWIFE CARE WITHIN A CLINC SETTING

Geography/Audience: US

Status: **In Development**

MULTIPLE SCLEROSIS



BEGINNING YOUR JOURNEY WITH MULTIPLE SCLEROSIS

Geography/Audience: US

Status: **In Development**

OTHER PROGRAM PLATFORMS



PREPARING FOR THE BIG GAME

Geography/Audience: US

Status: **In Development**



PERSONAL CHOICES FOR A HEALTHY PLANET

Geography/Audience: US

Status: **In Development**

CONVERSATION STARTER® TOOLS

US DIABETES CONVERSATION STARTER™ TOOLS

The *Conversation Starter* tools were adapted from the content in the small group *Conversation Map*® tools, which were developed by Healthy Interactions in collaboration with the American Diabetes Association (ADA).

Educators using the *Conversation Map* tools have requested a resource that would leverage the same methodology but could be used in a one-on-one setting. In response to this need, we have created the *Conversation Starter* tool—a tool for one-on-one diabetes education.



KEY POINTS

- » Understanding Diabetes
- » The Emotional Journey
- » Having the Information You Need
- » Blood Glucose
- » Monitoring
- » Managing Your Diabetes With Healthy Eating
- » Managing Your Diabetes by Keeping Active
- » Managing Your Diabetes With Medicines
- » Going for Your Goal and Your Support Network

LET'S TALK ABOUT MANAGING YOUR DIABETES

Geography/Audience: US

Status: **In Market**



KEY POINTS

- » Understanding Diabetes
- » Feelings About Food
- » Some Food Basics and What You Eat
- » How Much You Eat
- » When You Eat
- » Strategies for Healthy Eating
- » Challenges You Might Face
- » Going for Your Goal and Your Support Network

LET'S TALK ABOUT DIABETES AND HEALTHY EATING

Geography/Audience: US

Status: **In Market**



KEY POINTS

- » Basics of Blood Glucose
- » Blood Glucose Targets
- » Monitoring Blood Glucose at Home
- » Monitoring Blood Glucose With Your Doctor
- » What Makes Blood Glucose Go Up and Down
- » Managing Low Blood Glucose
- » Managing High Blood Glucose
- » Using Your Results
- » Going for Your Goal and Your Support Network

LET'S TALK ABOUT MONITORING YOUR BLOOD GLUCOSE

Geography/Audience: US

Status: **In Market**



KEY POINTS

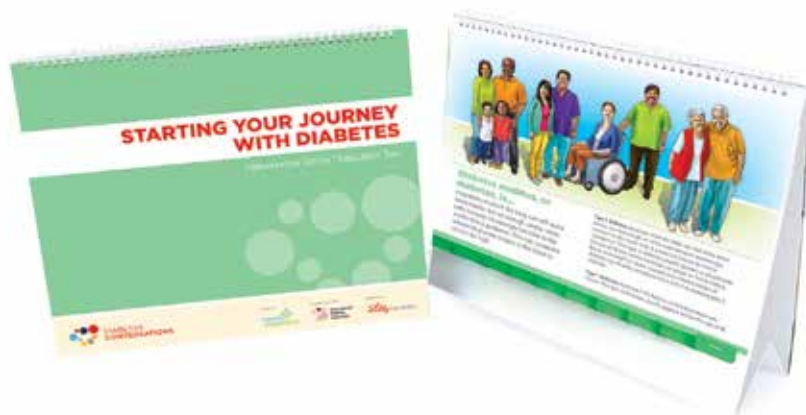
- » The Natural Course of Diabetes
- » Keeping Your Blood Glucose on Target
- » Checking for Complications and Knowing Your ABCs
- » Understanding Diabetes Medicines
- » Daily Management of Diabetes
- » Going for Your Goal and Your Support Network

CONTINUING YOUR JOURNEY WITH DIABETES

Geography/Audience: US

Status: **In Market**

INTERNATIONAL CONVERSATION STARTER™ TOOLS



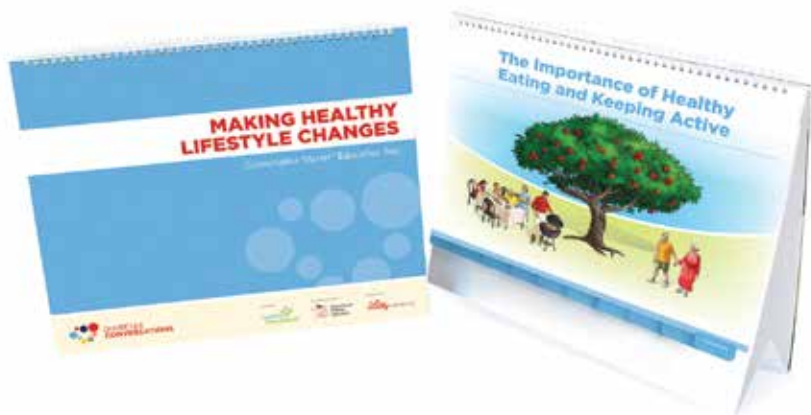
STARTING YOUR JOURNEY WITH DIABETES

Geography/Audience: International

Status: **In Market**

KEY POINTS

- » What diabetes is and how it works
- » Common myths and facts about diabetes
- » Dealing with feelings about diabetes
- » Key numbers and your targets
- » Healthy eating
- » Keeping active
- » Medication
- » Your support network



MAKING HEALTHY LIFESTYLE CHANGES

Geography/Audience: International

Status: **In Market**

KEY POINTS

- » The importance of healthy eating and keeping active
- » Your feelings about making changes to what you eat
- » What you eat, how much you eat, and when you eat
- » The different food groups and nutrients found in food
- » Keeping active – what it is and why it is important
- » Other healthy lifestyle considerations
- » Your support network



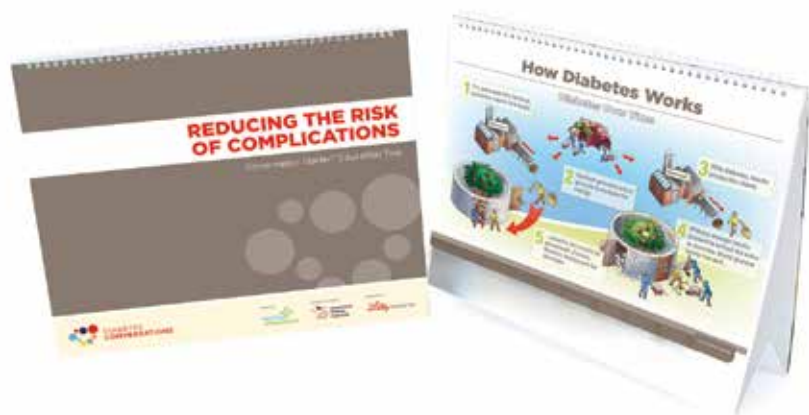
STARTING INSULIN TREATMENT

Geography/Audience: International

Status: **In Market**

KEY POINTS

- » Your feelings about starting insulin treatment
- » How diabetes works and the benefits of insulin treatment
- » Common myths about insulin
- » The benefits of insulin treatment
- » The different types of insulin
- » Blood glucose targets and the importance of testing
- » Dealing with hypoglycaemia
- » Important things to know when taking insulin



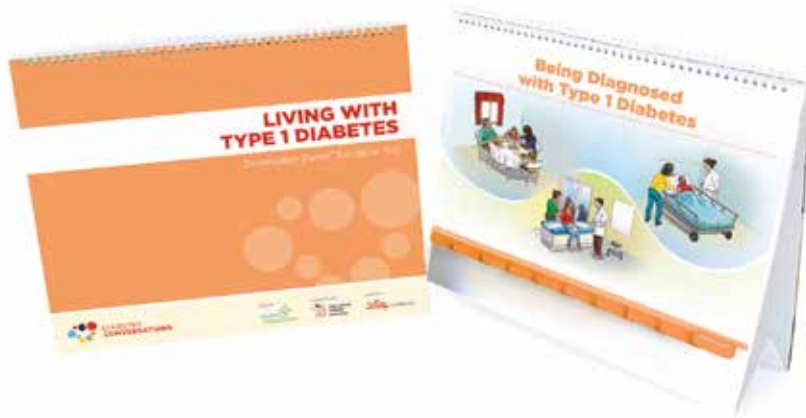
REDUCING THE RISK OF COMPLICATIONS

Geography/Audience: International

Status: **In Market**

KEY POINTS

- » How diabetes progresses over time
- » Types of complications
- » Tests and screenings to detect complications
- » The risk factors of complications
- » Lifestyle considerations
- » Medications



LIVING WITH TYPE 1 DIABETES

Geography/Audience: International

Status: In Market

KEY POINTS

- » Why accepting the diagnosis of type 1 diabetes is important
- » Feelings and emotions that come with having diabetes
- » Explaining diabetes to family, friends, and teachers
- » How diabetes affects other family members
- » Asking others for help and sharing the work of diabetes within the family
- » How to grow up healthy with diabetes

ANCILLARY TOOLS

US DIABETES TAKE HOME TOOL RESOURCE



ON THE ROAD TO BETTER MANAGING YOUR DIABETES

Geography/Audience: US

Status: **In Market**

KEY POINTS

- » You're In the Driver's Seat
- » Having the Information You Need
- » Controlling Your Blood Glucose
- » Monitoring Your Blood Glucose



HEALTHY EATING AND KEEPING ACTIVE

Geography/Audience: US

Status: **In Market**

KEY POINTS

- » Understanding Diabetes and Feelings About Food
- » Food Basics
- » Strategies for Healthy Eating and Food Challenges
- » What You Eat, How Much You Eat, and When You Eat



MONITORING YOUR BLOOD GLUCOSE

Geography/Audience: US

Status: **In Market**

KEY POINTS

- » Basics of Blood Glucose
- » Managing High and Low Blood Glucose
- » Using Your Results
- » Blood Glucose Targets and Monitoring Your A1C/eAG



CONTINUING YOUR JOURNEY WITH DIABETES

Geography/Audience: US

Status: **In Market**

KEY POINTS

- » The Natural Course of Diabetes
- » Healthy Eating, Keeping Active, and Medicines
- » Short- and Long-Term Complications of Diabetes
- » Complications and Knowing Your ABCs

PAN-EURO DIABETES TAKE HOME TOOL RESOURCE



LIVING WITH DIABETES

Geography/Audience: Pan-Euro
Status: **In Market**

KEY POINTS

- » Your Experience and Understanding of Diabetes
- » How You Are Feeling About Diabetes
- » Knowing the Numbers
- » High Blood Glucose Levels
- » Managing Your Diabetes
- » Setting Goals and Your Support Network



HOW DIABETES WORKS

Geography/Audience: Pan-Euro
Status: **In Market**

KEY POINTS

- » Before Diabetes
- » Progression of Diabetes
- » Managing Diabetes To Avoid or Delay Complications
- » Taking Control and Knowing the Numbers
- » The Benefits of Healthy Eating and Keeping Active
- » The Benefits of Medication
- » Setting Goals and Your Support Network



HEALTHY EATING AND KEEPING ACTIVE

Geography/Audience: Pan-Euro
Status: **In Market**

KEY POINTS

- » The Benefits of Healthy Eating and Keeping Active
- » The Basics of Healthy Eating
- » What You Eat
- » How Much and When You Eat Are Important
- » Keeping Active
- » Dealing with Challenges
- » Setting Goals and Your Support Network



STARTING INSULIN TREATMENT

Geography/Audience: Pan-Euro
Status: **In Market**

KEY POINTS

- » What Is Insulin and Why Do You Need It?
- » The Benefits of Insulin Treatment
- » The Types of Insulin and Injecting Insulin
- » Better Control of Your Blood Glucose
- » Understanding and Managing Hypoglycemia
- » Other Things To Keep in Mind
- » Making Adjustments
- » Setting Goals and Your Support Network



DIABETES AND CARING FOR YOUR FEET

Geography/Audience: International
Status: **In Market**

KEY POINTS

- » Why Caring for Your Feet Is Important
- » Looking at Your Feet
- » Cleaning and Caring for Your Feet
- » Protecting Your Feet
- » Visits to the Doctor's Office or Foot Clinic



UNDERSTANDING THE MANY FACTORS OF MANAGING DIABETES

Geography/Audience: International
Status: **In Market**

KEY POINTS

- » Understanding the Complications of Diabetes and Important Screenings
- » Knowing the Risk Factors
- » Managing the Risks
- » Medication Options
- » Managing Your Medications



LIVING IN A FAMILY WITH TYPE 1 DIABETES

Geography/Audience: International
Status: **In Market**

KEY POINTS

- » Being Diagnosed with Type 1 Diabetes
- » Feelings and Emotions
- » Talking with Others About Diabetes
- » The Importance of Insulin
- » Monitoring Your Blood Glucose Levels
- » Making Changes as You Grow Older
- » Family Responsibilities
- » Growing with Diabetes



STARTING INSULIN TREATMENT

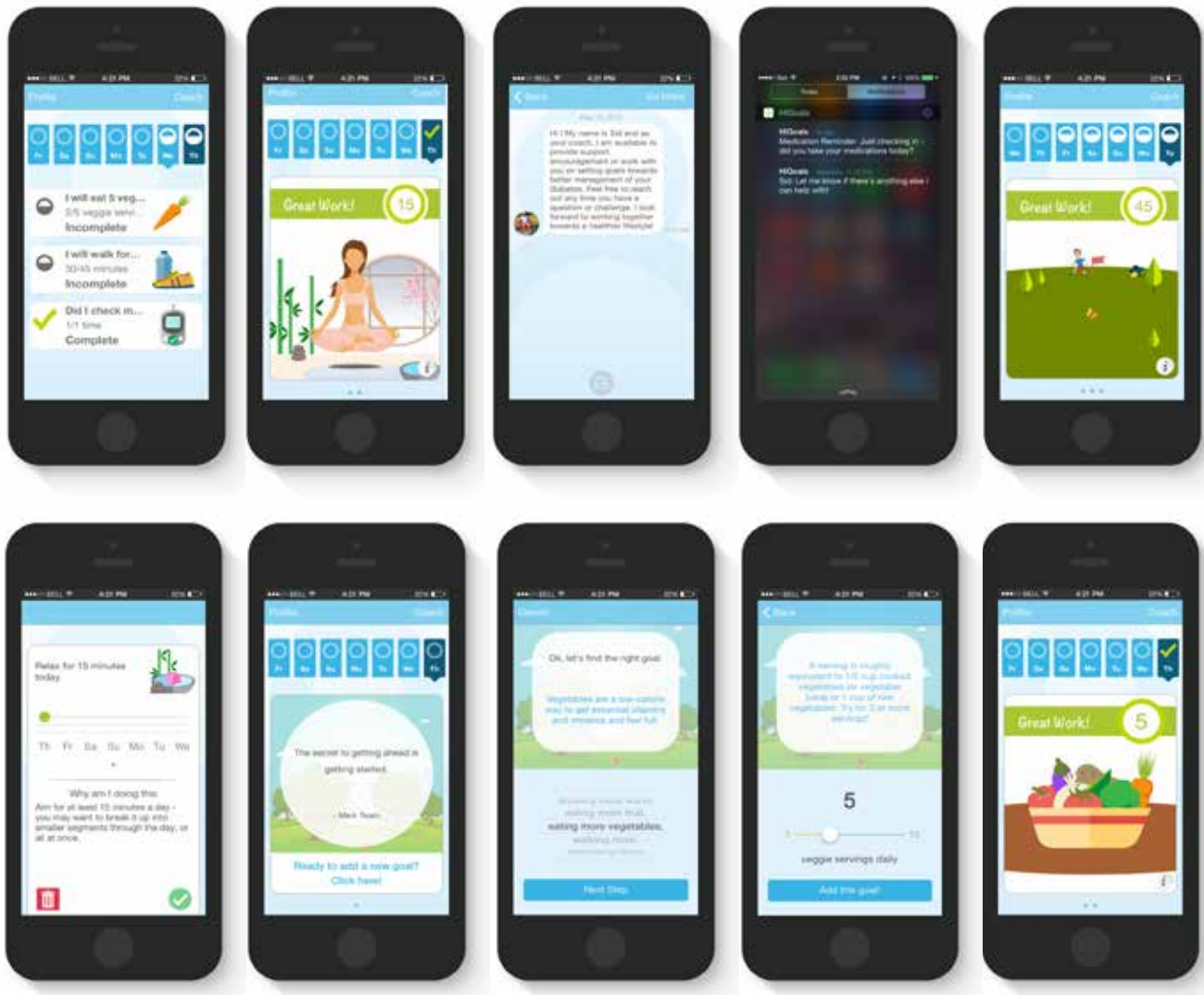
Geography/Audience: International
Status: **In Market**

KEY POINTS

- » Fasting During Ramadan—One of the Five Pillars of Islam
- » Understanding the Risks of Fasting
- » What Happens to Your Body While Fasting
- » Fasting-Associated Complications
- » Managing a Day During Ramadan
- » Diet, Physical Activity, Medication, and Scheduling Your Pre-Ramadan Medical Assessment
- » Creating a Diabetes and Ramadan Management Plan and Involving Your Support Network

DIGITAL TOOLS

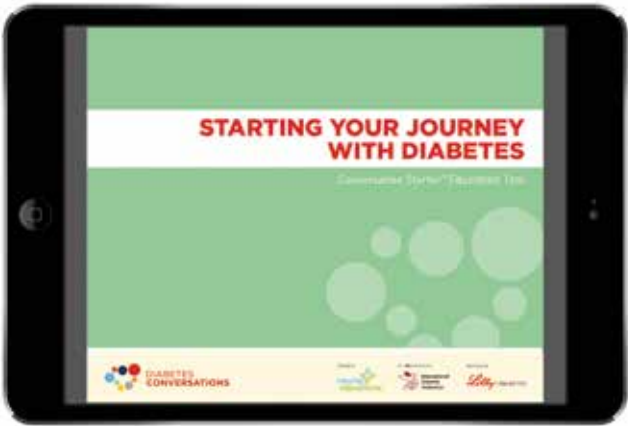
DIABETES CONVERSATION MAP® APP



Geography/Audience: Global
Status: **In Testing**

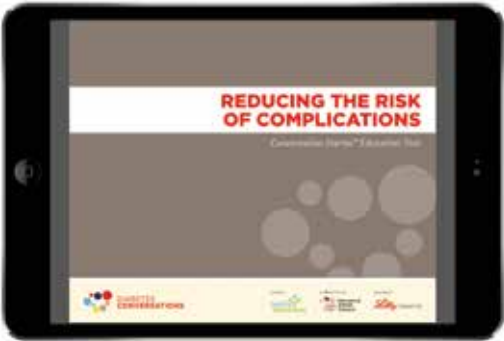
**WORKS IN COLLABORATION WITH
DIABETES CONVERSATION MAP TOOLS
COLLABORATIVE GOAL SETTING
GOAL TRACKING
HCP COACHING
CURATED CONTENT**

IPAD CONVERSATION STARTER™ EDUCATION TOOLS

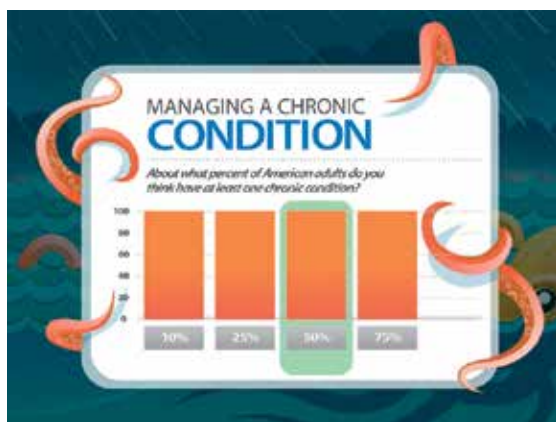


STARTING YOUR JOURNEY WITH DIABETES

Geography/Audience: Pan-European
Status: **In Market**



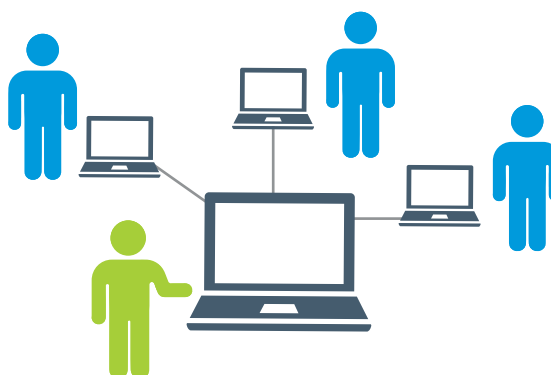
VIRTUAL CONVERSATION MAP® SESSIONS



AVOIDING THE STORM

Geography/Audience: US

Status: In Market



DIABETES E-LEARNING



US DIABETES
Geography/Audience: US
Status: **In Market**



