**Benefits of Education and Counseling**
- Improves emotional adjustment
- Provides group support
- Improves self-confidence
- Addresses family concerns
- Provides disease specific information
- Improves risk factor awareness
- Helps with lifestyle changes

**Benefits of Exercise**
- Lowers blood pressure
- Improves cholesterol
- Assists with weight control
- Helps with diabetes prevention and management
- Improves quality of life
- Decreases stress level
- Increases energy level
- Strengthens bones

**Benefits of Self-management**
- Builds confidence
- Promotes ability to take control
- Provides practice on action planning
- Develops problem solving abilities
- Improves symptom management

**CDM Program Goals**

- **To develop and implement coordinated, effective and efficient care for people with chronic conditions**

- **To optimize care of people by promoting a team approach and enhanced self-management of disease**

- **To promote inter-professional collaboration and education**

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**LiveWell**

For more information about the CDM Program, please contact:

**Chronic Disease Management Program**
Royal University Hospital,
103 Hospital Drive
Saskatoon SK S7N 0W8

Office: (306) 655-LIVE
(306) 655-5483

Toll Free: 1-877-LIVE-898
1-877-548-3898

Facsimile: (306) 655-6758
live-well@saskatoonhealthregion.ca
www.saskatoonhealthregion.ca/LiveWell

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April 2016
The Saskatoon Health Region’s LiveWell Chronic Disease Management (CDM) Program is offered to individuals and their families who have chronic conditions such as diabetes, chronic obstructive pulmonary disease (COPD), heart disease, arthritis, cancer, and other chronic conditions.

**Health care professionals** are available to assist you in making healthy lifestyle choices to better manage chronic conditions. The team includes:

- Nurse Clinicians
- Nurse Practitioners
- Exercise Therapists
- Physical Therapists
- Peer Supports
- Social Workers
- Outreach Workers
- Pharmacists
- Dietitians
- Physicians
- Researchers
- Psychologists
- Health Educators

**Different program options** are available to assist with emotional adjustments, identifying risk factors, activity guidelines and making positive lifestyle choices.

- Education Sessions
- Supervised Exercise Programs
- Individual Counseling
- Follow Up Sessions
- Support Groups
- Self-Management Workshops
- Stress Management Sessions

**LiveWell Programs**

- LiveWell Asthma Program
- LiveWell Pediatric Obesity
- LiveWell Cardiac Program
- LiveWell Clinical Health Psychology
- LiveWell COPD Program
- LiveWell Cystic Fibrosis Program
- LiveWell Diabetes Program & Aim 4 Health
- First Step Program
- LiveWell Heart Function Program
- LiveWell Inflammatory Bowel Disease Program
- LiveWell Pulmonary Rehabilitation Program
- LiveWell Rheumatology Education Program
- LiveWell Saskatchewan Bleeding Disorders Program
- LiveWell Stroke Exercise Program
- LiveWell With Chronic Conditions
- LiveWell With Chronic Pain

**Exercise**

Activity options include walking, cycling, rowing, stretching, and muscle strengthening activities. Sessions are supervised by Exercise Therapists, Physical Therapists, Physicians, and are tailored to individual needs, interests, and abilities, in a safe and social environment.

**Education**

A variety of education and counseling sessions are held to address topics related to disease-specific management. Group classes, individual education, counseling and follow up sessions are offered in hospital and community.

**Pillars of Chronic Disease Management Program**

**Exercise and Education**

- Community based supervised exercise and rehabilitation programs providing personalized exercise prescription
- Education sessions
- Group and social support

**Disease-Specific Management**

- Inter-professional team working closely with individuals, their family, family physicians and specialists.
- Evidence-based optimal care delivery.

**Self-Management**

- Individualized plan of action for participants
- Peer-led support workshops through the LiveWell with Chronic Conditions Program
- Enhance self-management skills

**Saskatoon and area locations**

- Royal University Hospital
- Saskatoon City Hospital
- St. Paul’s Hospital
- Saskatoon Field House
- Saskatoon Shaw Centre
- West Winds Primary Health Centre
- 2409 - 22nd Street West
- Rural Health and community sites in Humboldt, Lanigan, Nokomis, Rosthern, Strasbourg, Wadena and Wymyard

Physician Practices
- Saskatoon Food Bank
- White Buffalo Youth Lodge
- Whitecap Dakota First Nations
- Beardy’s First Nations
- Fishing Lake

April 2016