

What is PATH?

PATH is a workshop that helps participants improve their health and feel better. The workshop will reduce your risk of developing chronic diseases, and gives you the tools you need to manage any conditions you may currently have. PATH teaches you to set goals, break the pain cycle, and understand how the way you eat and the way you exercise affect your condition. You will also make some great friendships in the workshop.

Does the Program replace existing programs and treatments?

This Self-Management Program does not conflict with existing programs or treatment. It is designed to enhance regular treatment and illness-specific education such as Better Breathers, cardiac rehabilitation, or diabetes instruction. In addition, many people have more than one chronic condition. The program is especially helpful for these people, as it gives them the skills to coordinate all the things needed to manage their health, as well as to help them keep active in their lives.



About Medical Network One

Medical Network One is a physicians' organization and patient-centered health care innovator. Together with the Michigan Institute of Health Enhancement, the healthy lifestyle management arm of Medical Network One, we develop and deliver community-based wellness and healthy living programs and active care plans for individuals with chronic conditions. Our primary goal is simple: **build healthier communities!**



RelayHealth is a safe, secure and confidential way to communicate about your non-urgent health care needs. It's as easy to use as e-mail, but incorporates stronger security measures that ensure privacy.

Use RelayHealth to:

- Communicate with a clinician through secure technology
- Create a personal health record online that can be updated any time
- Receive newsletters and important information from our clinicians



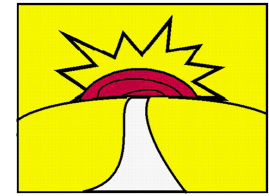
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MEDICAL NETWORK ONE



PATH

(Personal Action Toward Health)



The Stanford Chronic Condition Self-Management Program was developed by Kate Lorig, R.N., Dr. P.H. and colleagues at the Stanford Patient Education Research Center.

Medical Network One... offering customized healthy-living programs to physician practices, businesses, local organizations and individuals to build healthier communities.

Healthy Living with Diabetes Workshop

Participants meet 2 1/2 hours each week for 6 weeks. This workshop has been designed to help you manage your diabetes and lead a healthier life.

Topics include:

- What is diabetes?
- Formula for a healthy eating plan
- Preventing low blood sugar
- Planning low fat meals
- Dealing with stress
- Reading nutrition labels
- Making action plans
- Problem solving
- Strategies for sick days
- Foot care

This workshop focuses on diabetes and sharing experiences with other group members.

Overview for both Workshops:

- *Workshops are held for 2 1/2 hours each week for 6 weeks.*
- *Participants include people with different chronic conditions, including diabetes, and may include family or friends.*
- *Two trained leaders teach the workshop. One or both may have a chronic condition.*
- *Classes are fun and interactive. Participants share their successes and build a common source for support.*
- *Previous participants have reported improved symptom management and have adopted a healthier lifestyle.*
- *Designed and tested by Stanford University*

“The class was really helpful– I learned what to eat and how to track everything and still be able to do everyday things that I love to do.”

~ Participant from *Healthy Living with Diabetes Workshop*, P.R.S.



Steps Toward A Healthier You Workshop

Participants meet 2 1/2 hours each week for 6 weeks. This workshop has been designed to help you manage your health and lead a healthier life.

Topics include:

- Managing symptoms
- Communicating with health care professionals
- Dealing with anger, fear, pain, frustration and depression
- Fighting fatigue
- Problem solving and goal setting
- Relaxation and stress management

This workshop focuses on self-care, learning new coping strategies and sharing experiences with other group members.