

# put life back in your life

Join a free health program and participate online, by telephone, or independently!



## PROGRAMS TO CHOOSE FROM!

All Self-Management BC programs are open to adults of any age living in BC with one or multiple ongoing health conditions.

Better Choices,  
Better Health®  
Online



The *Better Choices, Better Health® Online Self-Management Program* is a web-based, 6-week program in which an individual can log in on their own time, and be part of a group all of whom living with a variety of ongoing health conditions.

Health Coach  
Program



The *Self-Management Health Coach Program* is a telephone-based coaching program that supports people living with chronic conditions to become better self-managers. Participants receive a telephone call from the Health Coach once a week for 30 minutes, for a period of three months.

Tool Kit for  
Active Living



The *Tool Kit for Active Living Program* is an evidence-based program that includes materials packaged into a one-time mailing. It offers an alternative method for those who cannot or do not wish to participate in a small group workshop or the online program. Available for Chronic Conditions\*, Chronic Pain and Diabetes\*.

Tool Kit for  
Active Living +  
Calls



Participants in this 6-week program receive the materials from the *Tool Kit for Active Living Program*, and participate in a weekly 30-45 minute, small group call with a Program Leader and other participants. Available for Chronic Conditions\*, Chronic Pain and Diabetes\*.

**\*Programs available in Chinese and Punjabi—please contact the Program Coordinator directly**

Chinese: Courtney Kang - ckang@uvic.ca | Punjabi: Jay Bains - jaybains@uvic.ca

**Contact Self-Management BC**

www.selfmanagementbc.ca | selfmgmt@uvic.ca | Toll Free: 1-866-902-3767



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