



# Community Health Network

Your connection to low-cost health programs

## Virtual Programs

This is a selection of virtual programming options available through the Community Health Network. Programs on this list were chosen based on the ability to earn points towards the Crush COVID Employer Challenge.

### Better Choices, Better Health

*Self-paced, 6 weeks | Free*

This small group, online workshop helps people living with chronic conditions manage them better.

### Certified Diabetes / Cardiovascular Disease Outpatient Educator

Requires insurance

CDOEs and CVDOEs are registered nurses, dietitians, and pharmacists who can teach you how to manage your glucose, blood pressure, cholesterol, medication, and nutrition. Participant must have a diabetes diagnosis and physician referral to participate.

### Chronic Pain Self-Management Program

*2.5 hours per week, 6 weeks | Free*

Provides you with the tools to manage medications, fatigue, frustration, proper nutrition, and communication skills, and teaches you to evaluate treatments and make an action plan.

### Diabetes Prevention Program

*1 hour per week, 16 weeks; followed by 6 months of follow up | Free*

Helps lower your risk of getting Type 2 Diabetes by eating healthier, increasing physical activity, and losing weight. The DPP focuses on lasting changes that are manageable for each patient. Participants must have a pre-diabetes diagnosis, be screened in based on the CDC screening tool, or have a history of gestational diabetes. It must also be medically safe for them to lose weight.

### Diabetes Self-Management Program

*2.5 hours per week, 6 weeks | Free*

Teaches you to manage symptoms of diabetes such as fatigue, pain, hyper/hypoglycemia, stress, depression, anger, fear, and frustration. Participants must have a diagnosis of diabetes or have a family member, friend, or patient with diabetes who they are learning on behalf of.

### Tools for Healthy Living (Chronic Disease Self-Management Program)

*1 hour per week, 6 weeks | Free*

Teaches you how to manage symptoms and medications, communicate with family and doctors, relieve stress, eat well, exercise, and set achievable goals.

### Walk With Ease

*Self-paced, 6 weeks | Free*

Teaches you to safely make physical activity part of your everyday life to reduce pain or be more active.



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