

# Self-Management Stories: Innovation, Engagement, Adventure

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**Photos: Kay Muldoon-Ibrahim**



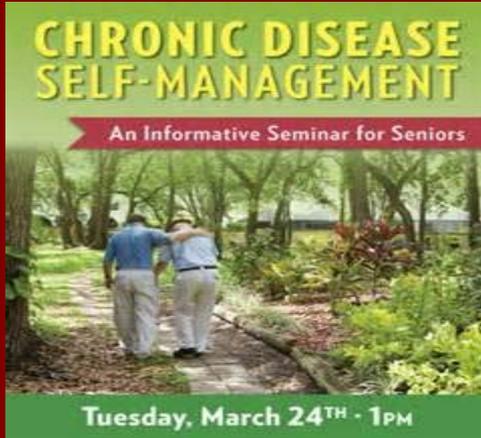
STANFORD  
UNIVERSITY

# The Ideas Came from Chile





# Results: 3 Delivery Modes



**Better Choices, Better Health<sup>®</sup> Diabetes**  
A Stanford University Workshop to help you manage your health  
a service of the National Council on Aging

SKID NAV

**Take Control of Your Diabetes**

Already Enrolled?

Thanks for your interest in a Better Choices, Better Health<sup>®</sup>-Diabetes workshop.  
We have filled our current workshops. However, please bookmark this page and check back in the coming months.

The screenshot shows a website with a white background and orange accents. It features a logo with a stylized orange and yellow swirl, a main heading in orange, and a row of five small portraits of diverse people. The text is clean and professional.



# CDSMP 12 Month Significant Improvements

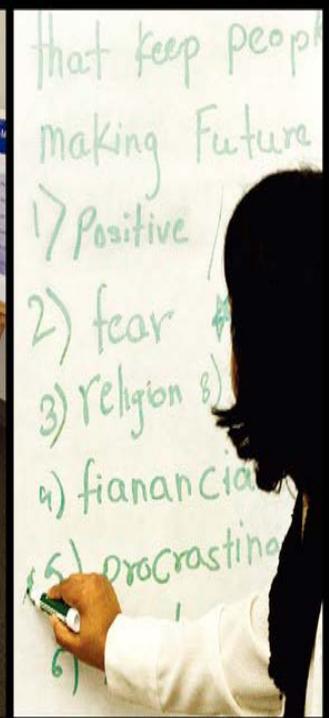
## Triple Aims

- Better Care
- Better Health
- Lower Health Care costs



# Why Does it Work Robert's Garage





# The Numbers

- 1 Million Participants
- 50 States
- 30+ Countries
- 10+ Languages



# Let's Talk

