



Tool Kit for Active Living with Chronic Conditions

**Do you experience fatigue, frustration, or pain?
Take medications regularly? Have problems
sleeping? Feel unhappy sometimes?**

**Take advantage of a new free research study by
participating in the Active Living with Chronic
Conditions Tool Kit Program and Research Study**

What: The Tool Kit is a mailed version of the successful Stanford Chronic Disease Self-Management Programs (CDSMP).

Developed at the Stanford Patient Education Research Center (part of the Department of Medicine at the Stanford School of Medicine)

Where: In the comfort of your own home! The Tool Kit will be mailed to you.

What do I Get: *Living a Healthy Life with Chronic Conditions* (book), an Exercise CD and accompanying booklet, a Relaxation CD, tip sheets, and a self-test. **The Tool Kit is yours to keep!**

What do I have to do: Contact Stanford, complete a questionnaire, use the Tool Kit, and complete another mailed survey 6 months after receiving the Tool Kit. People with diabetes will also be asked to complete home blood tests, and will receive the results. All participants with diabetes will also receive home A1C blood test kits and be sent the results. Stanford will supply all pre-paid mailing supplies.

For more information contact Stanford toll free 1-800-366-2624

(For general information about *participant rights*, contact 1-866-680-2906)