Healthy Interactions

PROGRAM CATALOG

We make better patients. We make patients better.
INTRODUCTION

This catalog provides a comprehensive view of Healthy Interactions’ health education products. These products are divided into four major categories: Conversation Map® tools, Conversation Starter™ tools, ancillary tools, and digital tools.

The different products and product types often combine to form a larger program covering a broad health topic. For example, the Starting Insulin Treatment Conversation Map is part of a series of Maps in the Diabetes Conversations program, which also includes Take Home tools and E-Learning modules. Traditionally the Conversation Map has been the focal point around which these programs are built. Therefore, the other three product types usually correspond to an existing Conversation Map or group of Maps.

Because entries in the catalog range from the fully developed to the recently conceptualized, some products, such as the Streams of Life Conversation Map, which addresses organ donation, are not yet connected to larger programs. Nevertheless, these in-development products illustrate learning objectives and potential concepts for many different of topics.

Each entry contains an image of the product and a list of its key learning points. When applicable, the products’ intended audience, intended region, development status, and relation to a larger program are also included. Because new concepts are being developed constantly, there may be products available that do not appear in this version of the catalog.
PRODUCTS

**Conversation Map® tools** are health education tools used in small group settings. During a *Conversation Map* session, a trained facilitator leads participants through a discussion about a health theme with the ultimate goal of driving positive behavior change. A colorful visual display, activity cards, and a facilitator guide are the primary components of this education tool.

**Conversation Starter™ tools** are similar to a conventional *Conversation Map* with the major difference being that they are used in a discussion that takes place between a facilitator and just one participant, instead of many.

**Ancillary tools** are complements to *Conversation Map* sessions. They provide a review of the major learning points of the session and allow participants to identify and track goals. There are many different forms of ancillary tools found in this catalog.

**Digital tools** are online complements to *Conversation Map* sessions. There are many digital tools, ranging from e-learning modules to online Map sessions to a Diabetes App. Individuals explore health themes presented through engaging narration and dynamic animation, activities challenge the participant to retain and interpret the information presented. Some tools allow a group of participants to interact with each other and a facilitator via web-based virtual platform.
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## Ancillary Tools

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## Digital Tools

| Diabetes App | 66 |
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The Diabetes Conversations program is a global program created by Healthy Interactions, in collaboration with the International Diabetes Federation, and sponsored by Lilly Diabetes.

*Conversation Map* education tools are an innovative education method that use interactive group participation to empower people with diabetes to become actively involved in managing the disease.

**KEY POINTS**

- What diabetes is and some of the most common myths about diabetes
- How you feel about having diabetes
- The importance of knowing your targets for blood glucose, blood fats, blood pressure, and waist circumference
- Dealing with high blood glucose levels and the importance of testing your blood glucose levels
- Managing diabetes by eating well, keeping active, and medication

**LIVING WITH DIABETES**

Geography/Audience: Pan-European
Status: In Market
HOW DIABETES WORKS
Geography/Audience: Pan-European  
Status: In Market  

KEY POINTS
» How diabetes works, including the role of the pancreas, insulin, and glucose
» What is going on inside the body at the start of having diabetes and as diabetes progresses
» The complications of diabetes and how can managing diabetes help one avoid or delay these complications
» What good diabetes control means
» The specific benefits of healthy eating, exercise and medicine as it related to managing diabetes

HEALTHY EATING AND KEEPING ACTIVE
Geography/Audience: Pan-European  
Status: In Market  

KEY POINTS
» Why healthy eating and keeping active are important when it comes to managing diabetes
» The different food groups and nutrients found in food
» Focusing on what, how much, and when you eat and addressing challenges to healthy eating
» What keeping active really means and dealing with challenges to keeping active
» Setting a goal and involving your support network
STARTING INSULIN TREATMENT
Geography/Audience: Pan-European
Status: In Market

KEY POINTS
» How you feel about starting insulin treatment
» What insulin is and why people with type 2 diabetes often need to start insulin treatment
» The benefits of insulin treatment
» The types of insulin and important things to know when taking insulin
» Blood glucose targets and the importance of testing
» Being able to recognize blood glucose patterns and make adjustments

DIABETES AND CARING FOR YOUR FEET
Geography/Audience: International
Status: In Market

KEY POINTS
» Why it is important to care for your feet
» Looking at your feet every day
» Cleaning and caring for your feet
» Protecting your feet and choosing proper footwear
» What to do if you discover a foot problem
LIVING IN A FAMILY WITH TYPE 1 DIABETES
Geography/Audience: International
Status: In Market

KEY POINTS
» Why accepting the diagnosis of diabetes is important
» The feelings and emotions that can come with having diabetes
» How to explain diabetes to family, friends, and teachers
» How diabetes affects family members, such as brothers or sisters
» Asking others for help and sharing the work of diabetes within the family
» How to grow up healthy with diabetes

UNDERSTANDING THE MANY FACTORS OF MANAGING DIABETES
Geography/Audience: International
Status: In Market

KEY POINTS
» Your experience and understanding of diabetes
» The complications related to diabetes and screening for these complications
» Managing the risk factors
» Medication options for diabetes and other risk factors for complications
» Other issues related to medications
MANAGING DIABETES DURING RAMADAN
Geography/Audience: International
Status: In Market

REGIONAL MODIFICATIONS | ASIA - CHINA

KEY POINTS
» Fasting during Ramadan—one of the Five Pillars of Islam
» Understanding the risks of fasting
» What happens to your body while fasting
» Fasting-associated complications
» Managing a day during Ramadan
» Diet, physical activity, medication, and scheduling your Pre-Ramadan Medical Assessment
» Creating a Diabetes and Ramadan Management Plan and involving your support network
REGIONAL MODIFICATIONS | CANADA

REGIONAL MODIFICATIONS | UNITED KINGDOM

8 | CONVERSATION MAP TOOLS
COUNTRIES PARTICIPATING IN THE DIABETES CONVERSATIONS PROGRAM

EUROPE
Algeria
Austria
Bahamas
Bahrain
Baltics
Barbados
Belgium
Bulgaria
Commonwealth of Independent States (CIS)
Croatia
Czech Republic
Denmark
Egypt
Estonia
Finland
France
Georgia
Germany
Greece
Guyana
Hungary
Ireland
Italy
Jordan
Kazakhstan
Kuwait
Latvia
Lithuania
Lebanon
Libya
Luxembourg
Middle East/North Africa
Morocco
Netherlands
New Zealand
Norway

EUROPE (CONT.)
Oman
Persian Gulf
Poland
Portugal
Qatar
Republic of Ireland
Romania
Russia
Saudi Arabia
Slovak Republic
Slovenia
Spain
Sweden
Switzerland
Tunisia
Turkey
Ukraine
United Arab Emirates

ASIA
Australia
China
Hong Kong
India
Indonesia
Japan
Korea
Malaysia
Pakistan
Philippines
Singapore
South Korea
Sri Lanka
Taiwan
Thailand
Vietnam

UNITED KINGDOM
Northern Ireland
Scotland
Wales

AMERICAS
Argentina
Belize
Bolivia
Brazil
Canada
Caribbean Islands
Chile
Colombia
Costa Rica
Dominican Republic
Ecuador
El Salvador
Guatemala
Haiti
Honduras
Jamaica
LACMASS
Mexico
Panama
Peru
SPAR
Venezuela

AFRICA
Botswana
Burkina Faso
Burundi
Cameroon
Central African Republic
Eritrea
Ethiopia
Gambia
Ghana
Guinea
Ivory Coast
Kenya
Malawi
Mali
Mauritius
Mozambique
Namibia
Nigeria
Rwanda
Senegal
Seychelles
South Africa
Sub-Saharan
Sudan
Swaziland
Tanzania
Togo
Uganda
Zambia
Zimbabwe
US DIABETES CONVERSATION MAP® TOOLS

The 5 US Diabetes Conversation Map education tools can support in helping patients understand many of the basic facts associated with diabetes, the relationship between diabetes and healthy eating, the value of monitoring and using the results, the natural course of diabetes, and gestational diabetes. The Conversation Map education tools can be used to supplement an entire curriculum or portions of it.

Using Conversation Map education tools, people in groups of 3 to 10 go through an accelerated learning experience that enables them to effectively internalize health-related information and draw new conclusions. The outcomes of this experience are better decision making and an active commitment to life-affirming change.

KEY POINTS
« What diabetes is and some of the most common myths about diabetes
« The feelings that you can have about diabetes
« What blood glucose and insulin are
« Monitoring your blood glucose and using the results
« Managing diabetes with healthy eating, physical activity, and taking medicine
« The importance of having a plan and engaging a support network and healthcare team

ON THE ROAD TO BETTER MANAGING YOUR DIABETES
Geography/Audience: United States
Status: In Market
DIABETES AND HEALTHY EATING
Geography/Audience: United States
Status: In Market

KEY POINTS
» The relationship between blood glucose and food
» Feelings about food and eating
» The nutrients that make up food
» How what you eat, how much you eat, and when you eat can affect your blood glucose
» Meal planning and other strategies for healthy eating
» The importance of having a plan for eating and engaging your support network and healthcare team

MONITORING YOUR BLOOD GLUCOSE
Geography/Audience: United States
Status: In Market

KEY POINTS
» What blood glucose and insulin are
» Blood glucose targets and how you feel when your blood glucose is in and out of your target ranges
» Monitoring and knowing your A1C
» What can make blood glucose go up and down and preventing high and low blood glucose
» Using your monitoring results to manage your diabetes
CONTINUING YOUR JOURNEY WITH DIABETES
Geography/Audience: United States
Status: In Market

KEY POINTS
» The natural course of diabetes
» Recognizing the fact that it may become more difficult to keep your blood glucose within your target range
» The potential long-term complications of diabetes
» How to delay or reduce the risk of long-term complications by keeping your blood glucose on target
» The importance of checking for long-term complications and knowing your ABCs

CARING FOR GESTATIONAL DIABETES
Geography/Audience: United States
Status: In Market

KEY POINTS
» What gestational diabetes is
» Feelings about being diagnosed with gestational diabetes and trying to manage it
» The risks related to having gestational diabetes
» Caring for gestational diabetes
» What to expect after pregnancy and the risk of getting type 2 diabetes
» Making a plan to care for gestational diabetes
CONVERSATION MAP® PROGRAM FEATURED IN CARDINAL HEALTH DIABETES SPECIALIZED CARE CENTERS

Community pharmacies now have access to our Conversation Map tools. Any Cardinal Health pharmacy with a Diabetes Specialized Care Center can utilize our Maps to empower patients with diabetes to better understand the disease and better manage their overall health.

**THE BIG SQUEEZE: EXPLORING OUR EVOLVING MARKETSPACE**

Geography/Audience: US/Pharmacy Staff
Status: Developed

**KEY POINTS**

» Understand the retail pharmacy market
» Understand the impact of diabetes to your business
» Facilitate effective Conversation Map sessions
MANAGING DIABETES AND MEDICATIONS
Geography/Audience: US/Pharmacy Customers
Status: Developed

KEY POINTS
» Understanding diabetes: what it is and how it affects the body
» Common myths and facts about diabetes
» Knowing your targets and testing your blood glucose
» Understanding high and low blood glucose
» The natural course of diabetes and strategies for management
» Managing diabetes through medications
» Goal setting

THE IMPORTANCE OF MONITORING YOUR DIABETES
Geography/Audience: US/Pharmacy Customers
Status: Developed

KEY POINTS
» The ABCs and other key measures for diabetes
» How to test your blood glucose and the benefits of testing
» Knowing when to test and why
» Keeping a record of your test results
» What you can learn by tracking your numbers
» Understanding what impacts your numbers
» Interpreting the results
» Creating a plan based on your results
KEY POINTS
» Managing diabetes with healthy eating and physical activity
» Exploring myths and facts about food and healthy eating
» The basics of healthy eating
» Knowing what to eat, how much, and when to eat
» Dealing with challenges to eating healthy
» Examining the importance of staying active, suggestions on how much activity and how to deal with challenges
» Setting goals to achieve a healthy lifestyle

BENEFITS OF HEALTHY EATING AND PHYSICAL ACTIVITY
Geography/Audience: US/Pharmacy Customers
Status: Developed

CAREGIVER DIABETES EDUCATION PROGRAM
Geography/Audience: Middle East/North Africa
Status: In Market

CAREGIVER DIABETES EDUCATION PROGRAM
Geography/Audience: Middle East/North Africa
Status: In Market
OTHER DIABETES RELATED PROGRAMS

MANAGING AND LIVING WITH TYPE 2 DIABETES
Geography/Audience: US
Status: Developed

KEY POINTS
» What is Type 2 diabetes
» What the ABCs of diabetes are
» Feelings about living with diabetes
» Signs and symptoms of hyper and hypoglycemia
» The importance of monitoring blood glucose levels, physical activity, and healthy eating with diabetes
» The effect of diabetes medications on blood glucose levels
» Setting an action plan to achieve your goals

BENEFITS OF HEALTH EATING AND PHYSICAL ACTIVITY
Geography/Audience: US
Status: Developed

KEY POINTS
» Relationship between food and diabetes
» Feelings about food
» Why meal planning is important
» How to create a meal plan
» Importance of being physically active
» How physical activity affects diabetes management
» Safety and physical activity
**KEY POINTS**

- What is blood glucose
- What is A1C/eAG
- What makes blood glucose go up and down
- Signs of hyper and hypoglycemia (high and low blood glucose)
- What you can monitor at home to prevent long-term complications
- Screenings done by your healthcare team
- Creating a screening plan

**MONITORING TO PREVENT LONG-TERM COMPLICATIONS**

Geography/Audience: US
Status: Developed

**ROLE OF MEDICATIONS**

Geography/Audience: US
Status: Developed

**KEY POINTS**

- Changes in managing diabetes
- Importance of taking your medication as directed
- Benefits of medications
- Oral medications
- Managing multiple medications
- Making changes in medications
- Non-oral medications
- Starting insulin
KEY POINTS

» Your experience with diabetes and diabetes treatment
» What adding mealtime insulin means and why you need it
» The benefits of mealtime insulin
» Factors that influence your insulin dose
» Preventing and managing hypoglycemia
» How to determine your insulin dose based on what you eat
» Potential challenges you may come across with mealtime insulin
OTHER CONVERSATION MAP® PROGRAMS

HEALTHY KIDS CONVERSATION MAP® PROGRAM

The Healthy Kids program is designed by subject matter experts to empower elementary school children and their parents to make good decisions related to eating and physical activity.

KEY POINTS
» How the body works
» What to eat
» Media literacy
» Eating mindfully
» Portion control
» Planning for, shopping for, and preparing “strong” meals
» Physical activity

HEALTHY KIDS AND THE KEYS TO GOOD HEALTH

Geography/Audience: Global/Children
Status: In Market

KEY POINTS
» Positive parenting for healthy eating
» Basic childhood nutrition
» Planning for, shopping for, and preparing “strong” meals
» Creating a healthy eating environment
» Advocating for your child

SHARING THE KEYS TO GOOD HEALTH WITH YOUR CHILDREN

Geography/Audience: Global/Parents
Status: In Market
EAT STRONG, PLAY HARD, GET LOTS OF SLEEP
Geography/Audience: Global/Children
Status: In Market

KEY POINTS
» Benefits of a healthy lifestyle
» A healthy and balanced diet
» Mindful eating
» Media literacy
» Physical activity
» Bullying
» Screen time
» Sleep habits

HELPING YOUR CHILDREN EAT STRONG, PLAY HARD, GET LOTS OF SLEEP
Geography/Audience: Global/Parents
Status: In Market

KEY POINTS
» Positive parenting principles
» Planning for, shopping for, and preparing strong meals
» Physical activity
» Sleep habits
» Bullying
» Advocating for your child
HEALTHY EATING IN THE REAL WORLD
Geography/Audience: Global/Adult
Status: In Market

KEY POINTS
» Food Journals
» The Big Three: Basics of Healthy Eating
» Stretching Your Food Dollar
» Healthy Shopping at the Grocery Store
» Healthy Shopping Away from the Grocery Store
» Healthy Eating on the Run
» Home Cooking and Why It’s a Good Idea
» Feeling Your Best: Moving Beyond the Basics
MEDICARE CONVERSATION MAP PROGRAMS

CHOOSING YOUR PATH: THE ROAD TO HEALTHCARE IN RETIREMENT
Geography/Audience: US/Retirees
Status: In Market

KEY POINTS
» Health coverage and retirement
» The basic Parts of Medicare
» Understanding and evaluating provider access, cost, coverage, and convenience of your health plan options
» Common myths and misconceptions of Medicare and Medicare Advantage plans

THE BIG PICTURE OF MEDICARE AND MEDICARE ADVANTAGE
Geography/Audience: US/Retirees
Status: In Market

KEY POINTS
» Your experience with your health insurance
» The different Parts of Medicare and what each Part covers
» The history of Medicare and why Medicare Part C came to be
» The potential benefits of Medicare Advantage plans
» W.H.E.A.T.: specific benefits of Aetna’s Medicare Advantage plan
» Selecting the right type of Medicare plan for you
INSIDE THE JUNGLE: CLEARING THE WAY FOR OUR RETIREES
Geography/Audience: US/Retirees
Status: In Market

ORCHESTRATING CONNECTIONS CONVERSATION MAP®

KEY POINTS
» The current benefits trends impacting today’s retirees and their decisions.
» The key elements or factors that drive the retiree’s selection of a particular healthcare plan.
» Understand, identify, and educate retirees on the optimal plan or products (from both sides’ perspective) that best fit their unique needs.
» What their role is as a “facilitator” or “navigator” in the retirees’ plan selection process.
» What skills and attributes BAs must have to successfully serve as a facilitator of that process.

ORCHESTRATING CONNECTIONS: SUPPORTING ENGAGEMENT AND ACTION
Geography/Audience: Global/Facilitators
Status: In Market

KEY POINTS
» The overall impact chronic conditions are having on our healthcare system
» How this impact has affected the way a healthcare team delivers care to the chronically ill patient
» The attributes of engaging learning experiences
» The Conversation Map methodology and approach
» The principle elements of the Conversation Map experience
RESPIRATORY CONVERSATION MAP PROGRAMS

KEY POINTS
- Characteristics of empowered and struggling patients
- Setting educational priorities for your patients
- Opportunities within your practice to empower patients
- Identifying tools and resources to help empower patients
- Creating a goal and a plan for your practice
- Tracking progress toward your goals

RESPIRATORY CARE
Geography/Audience: US/RNs, Clinic Staff
Status: In Market

TREATING ASTHMA WITH INHALED CORTICOSTEROIDS
Geography/Audience: US
Status: In Development

KEY POINTS
- Understanding asthma as a chronic disease
- Understanding how ICS therapy controls asthma
- Understanding the need for consistent control treatment
- Knowing how to use ICS therapy
- Addressing concerns about ICS therapy
- Assessing asthma control and modifying treatment
KEY POINTS

» How asthma affects the lungs
» How ICS/LABA combination therapy treats asthma
» Understanding that asthma is a chronic disease
» Understanding the need for consistent control treatment
» Addressing concerns about ICS/LABA combination therapy
» Assessing asthma control and modifying treatment

TREATING ASTHMA WITH ICS/LABA COMBINATION THERAPY

Geography/Audience: US
Status: In Development

KEY POINTS

» How you define an ‘ideal’ patient
» The difference between an ‘empowered’ adult asthma patient and one who is ‘struggling’
» The benefits of an empowered and his/her health and the practice
» The opportunities that exist at the interactions we have with our adult asthma patients to influence the best health outcomes
» The recommendations and tools that can be used at each interactions to empower patients

AN ADULT ASTHMA PATIENT’S JOURNEY TO QUALITY CARE

Geography/Audience: US
Status: In Development
TREATING COPD WITH ICS/LABA COMBINATION THERAPY
Geography/Audience: US/Patients
Status: In Development

KEY POINTS
» Feelings and experiences associated with COPD
» Understanding COPD and its symptoms
» How ICS/LABA combination therapy helps control symptoms of COPD
» The benefits of treating COPD with ICS/LABA combination therapy
» Addressing concerns about ICS/LABA combination therapy
» Getting the most out your treatment

TAKING CONTROL OF COPD
Geography/Audience: US
Status: In Development
EXPLORING YOUR WORLD WITH EASIER BREATHING

Geography/Audience: US
Status: Developed

KEY POINTS
» What COPD is and how it affects you
» Common myths and facts about COPD
» Feelings and emotions people experience with COPD
» The main strategies to managing COPD
» Understanding how to get the most out of your medication
» Recognizing and overcoming the barriers that prevent you from using your COPD medication
» Creating a plan to best manage your COPD and involving your support network

EXPLORING AND MANAGING YOUR LIFE WITH COPD

Geography/Audience: US
Status: In Market

KEY POINTS
» The benefits of managing COPD
» What COPD is and how it affects you
» The importance of getting the right information about COPD
» Your feelings and emotions about COPD
» Strategies for managing COPD
» Navigating the obstacles of everyday life with COPD
» Making changes to best manage your COPD
MAKING THE MOST OF MY JOURNEY WITH COPD
Geography/Audience: US/Patients
Status: In Development

KEY POINTS
» How the lungs work with and without COPD
» The goals of managing COPD
» Your experience with COPD
» The strategies that will help you get the most out of your journey ahead with COPD
» Working with your healthcare team to make a treatment plan that is best for you
» Building confidence in yourself, your treatment plan, and your support network to manage your COPD

CULTIVATING WELL-BEING WITH COPD
Geography/Audience: US
Status: In Development
KEY POINTS

» Your experience living with MDS
» What MDS is and some of the potential signs and symptoms of MDS
» The importance of testing and monitoring
» Treatment options and your treatment plan
» Living with MDS and taking an active role in your treatment decisions

LIVING WITH MDS

Geography/Audience: Canada/Patients
Status: Developed
The Path Ahead

Geography/Audience: US
Status: In Development

Weight Management

Geography/Audience: US
Status: In Development

Key Points

» Your goals and motivations
» Your previous weight loss efforts, what may have been missing, and what worked well
» What you can expect
» An overview of the program
» What you’ll begin doing this week
KEY POINTS
» How you feel about your current bariatric surgery
» Understanding that bariatric surgery is a tool, not a cure-all
» Potential benefits of bariatric surgery
» What you need to know about life after bariatric surgery
» Preparation for bariatric surgery
» Importance of setting goals and utilizing your support network

UNDERSTANDING BARIATRIC SURGERY
Geography/Audience: US
Status: In Development

KEY POINTS
» Understanding the self-monitoring guidelines immediately after surgery
» Learning the different surgery options available
» Knowing the post-surgery limitations
» Recognizing the lifelong journey with bariatric surgery
» Discussing the risk of complications, managing social issues, and importance of exercise
» Setting goals and using your support network to live a healthy life after surgery

MAKING AN INFORMED CHOICE
Geography/Audience: US
Status: In Development
KEY POINTS

» What is coronary artery disease

» The modifiable and nonmodifiable risk factors and complications of CAD

» Symptoms of CAD

» Managing your CAD with physical activity, healthy eating, smoking cessation, and reducing stress

» Setting goals and involving your support network to
OVERVIEW OF CONGESTIVE HEART FAILURE
Geography/Audience: US
Status: In Development

LIVING WITH CHF
Geography/Audience: US
Status: In Development
UNDERSTANDING CONGESTIVE HEART FAILURE
Geography/Audience: US
Status: In Development

STATIN AND CHOLESTEROL ABSORPTION INHIBITOR THERAPY
Geography/Audience: US
Status: In Development
OVERVIEW OF HIGH BLOOD PRESSURE
Geography/Audience: US
Status: In Development

FIGHTING FOR HEART HEALTH
Geography/Audience: US
Status: In Development
BLOOD PRESSURE AND YOUR HEALTH
Geography/Audience: US
Status: In Development

CHOLESTEROL AND YOUR HEALTH
Geography/Audience: US
Status: In Development
OVERVIEW OF AUTISM — COMMUNITY
Geography/Audience: Canada/Patients
Status: In Development

OVERVIEW OF AUTISM — HOME
Geography/Audience: US
Status: In Development
BEGINNING YOUR JOURNEY WITH PARKINSON’S
Geography/Audience: US
Status: In Development

CONTINUING YOUR JOURNEY WITH PARKINSON’S DISEASE
Geography/Audience: US
Status: In Development
POST TRAUMATIC STRESS DISORDER

Geography/Audience: US
Status: In Development

IDENTIFYING AND MANAGING COMBAT STRESS

Geography/Audience: US
Status: In Development
PTSD AND THE FAMILY
Geography/Audience: US
Status: In Development

EMERGING FROM DEPRESSION
Geography/Audience: US
Status: In Development
THE LABYRINTH OF GROWING UP
Geography/Audience: US
Status: In Development

UNDERSTANDING DEPRESSION
Geography/Audience: US
Status: In Development
BEGINNING YOUR JOURNEY WITH HIV
Geography/Audience: US
Status: In Development

PROSTATITIS

PROSTATITIS: THE FORGOTTEN PROSTATE DISEASE
Geography/Audience: US
Status: In Development
BIRTH PREPAREDNESS & COMPLICATIONS READINESS
Geography/Audience: US
Status: In Development

RECOGNIZING THE SOURCE & STOPPING THE TRANSMISSION OF HAI’S
Geography/Audience: US
Status: In Development
BASIC QUALITY MIDWIFE CARE WITHIN A CLINIC SETTING
Geography/Audience: US
Status: In Development

MULTIPLE SCLEROSIS

BEGINNING YOUR JOURNEY WITH MULTIPLE SCLEROSIS
Geography/Audience: US
Status: In Development
OTHER PROGRAM PLATFORMS

PREPARING FOR THE BIG GAME
Geography/Audience: US
Status: In Development

PERSONAL CHOICES FOR A HEALTHY PLANET
Geography/Audience: US
Status: In Development
US DIABETES CONVERSATION STARTER™ TOOLS

The Conversation Starter tools were adapted from the content in the small group Conversation Map® tools, which were developed by Healthy Interactions in collaboration with the American Diabetes Association (ADA).

Educators using the Conversation Map tools have requested a resource that would leverage the same methodology but could be used in a one-on-one setting. In response to this need, we have created the Conversation Starter tool—a tool for one-on-one diabetes education.

KEY POINTS

» Understanding Diabetes
» The Emotional Journey
» Having the Information You Need
» Blood Glucose
» Monitoring
» Managing Your Diabetes With Healthy Eating
» Managing Your Diabetes by Keeping Active
» Managing Your Diabetes With Medicines
» Going for Your Goal and Your Support Network

LET’S TALK ABOUT MANAGING YOUR DIABETES

Geography/Audience: US
Status: In Market
LET’S TALK ABOUT DIABETES AND HEALTHY EATING
Geography/Audience: US
Status: In Market

KEY POINTS
» Understanding Diabetes
» Feelings About Food
» Some Food Basics and What You Eat
» How Much You Eat
» When You Eat
» Strategies for Healthy Eating
» Challenges You Might Face
» Going for Your Goal and Your Support Network

LET’S TALK ABOUT MONITORING YOUR BLOOD GLUCOSE
Geography/Audience: US
Status: In Market

KEY POINTS
» Basics of Blood Glucose
» Blood Glucose Targets
» Monitoring Blood Glucose at Home
» Monitoring Blood Glucose With Your Doctor
» What Makes Blood Glucose Go Up and Down
» Managing Low Blood Glucose
» Managing High Blood Glucose
» Using Your Results
» Going for Your Goal and Your Support Network
CONTINUING YOUR JOURNEY WITH DIABETES

Geography/Audience: US
Status: In Market

KEY POINTS
» The Natural Course of Diabetes
» Keeping Your Blood Glucose on Target
» Checking for Complications and Knowing Your ABCs
» Understanding Diabetes Medicines
» Daily Management of Diabetes
» Going for Your Goal and Your Support Network
INTERNATIONAL CONVERSATION STARTER™ TOOLS

STARTING YOUR JOURNEY WITH DIABETES
Geography/Audience: International
Status: In Market

KEY POINTS
» What diabetes is and how it works
» Common myths and facts about diabetes
» Dealing with feelings about diabetes
» Key numbers and your targets
» Healthy eating
» Keeping active
» Medication
» Your support network

MAKING HEALTHY LIFESTYLE CHANGES
Geography/Audience: International
Status: In Market

KEY POINTS
» The importance of healthy eating and keeping active
» Your feelings about making changes to what you eat
» What you eat, how much you eat, and when you eat
» The different food groups and nutrients found in food
» Keeping active – what it is and why it is important
» Other healthy lifestyle considerations
» Your support network
STARTING INSULIN TREATMENT
Geography/Audience: International
Status: In Market

KEY POINTS
» Your feelings about starting insulin treatment
» How diabetes works and the benefits of insulin treatment
» Common myths about insulin
» The benefits of insulin treatment
» The different types of insulin
» Blood glucose targets and the importance of testing
» Dealing with hypoglycaemia
» Important things to know when taking insulin

REDUCING THE RISK OF COMPLICATIONS
Geography/Audience: International
Status: In Market

KEY POINTS
» How diabetes progresses over time
» Types of complications
» Tests and screenings to detect complications
» The risk factors of complications
» Lifestyle considerations
» Medications
LIVING WITH TYPE 1 DIABETES
Geography/Audience: International
Status: In Market

KEY POINTS
» Why accepting the diagnosis of type 1 diabetes is important
» Feelings and emotions that come with having diabetes
» Explaining diabetes to family, friends, and teachers
» How diabetes affects other family members
» Asking others for help and sharing the work of diabetes within the family
» How to grow up healthy with diabetes
ANCILLARY TOOLS
US DIABETES TAKE HOME TOOL RESOURCE

ON THE ROAD TO BETTER MANAGING YOUR DIABETES

Geography/Audience: US
Status: In Market

KEY POINTS
» You’re In the Driver’s Seat
» Having the Information You Need
» Controlling Your Blood Glucose
» Monitoring Your Blood Glucose

HEALTHY EATING AND KEEPING ACTIVE

Geography/Audience: US
Status: In Market

KEY POINTS
» Understanding Diabetes and Feelings About Food
» Food Basics
» Strategies for Healthy Eating and Food Challenges
» What You Eat, How Much You Eat, and When You Eat
MONITORING YOUR BLOOD GLUCOSE
Geography/Audience: US
Status: In Market

KEY POINTS
» Basics of Blood Glucose
» Managing High and Low Blood Glucose
» Using Your Results
» Blood Glucose Targets and Monitoring Your A1C/eAG

CONTINUING YOUR JOURNEY WITH DIABETES
Geography/Audience: US
Status: In Market

KEY POINTS
» The Natural Course of Diabetes
» Healthy Eating, Keeping Active, and Medicines
» Short- and Long-Term Complications of Diabetes
» Complications and Knowing Your ABCs
LIVING WITH DIABETES
Geography/Audience: Pan-Euro
Status: In Market

KEY POINTS
» Your Experience and Understanding of Diabetes
» How You Are Feeling About Diabetes
» Knowing the Numbers
» High Blood Glucose Levels
» Managing Your Diabetes
» Setting Goals and Your Support Network

HOW DIABETES WORKS
Geography/Audience: Pan-Euro
Status: In Market

KEY POINTS
» Before Diabetes
» Progression of Diabetes
» Managing Diabetes To Avoid or Delay Complications
» Taking Control and Knowing the Numbers
» The Benefits of Healthy Eating and Keeping Active
» The Benefits of Medication
» Setting Goals and Your Support Network
HEALTHY EATING AND KEEPING ACTIVE
Geography/Audience: Pan-Euro
Status: In Market

KEY POINTS
» The Benefits of Healthy Eating and Keeping Active
» The Basics of Healthy Eating
» What You Eat
» How Much and When You Eat Are Important
» Keeping Active
» Dealing with Challenges
» Setting Goals and Your Support Network

STARTING INSULIN TREATMENT
Geography/Audience: Pan-Euro
Status: In Market

KEY POINTS
» What Is Insulin and Why Do You Need It?
» The Benefits of Insulin Treatment
» The Types of Insulin and Injecting Insulin
» Better Control of Your Blood Glucose
» Understanding and Managing Hypoglycemia
» Other Things To Keep in Mind
» Making Adjustments
» Setting Goals and Your Support Network
DIABETES AND CARING FOR YOUR FEET
Geography/Audience: International
Status: In Market

KEY POINTS
» Why Caring for Your Feet Is Important
» Looking at Your Feet
» Cleaning and Caring for Your Feet
» Protecting Your Feet
» Visits to the Doctor’s Office or Foot Clinic

UNDERSTANDING THE MANY FACTORS OF MANAGING DIABETES
Geography/Audience: International
Status: In Market

KEY POINTS
» Understanding the Complications of Diabetes and Important Screenings
» Knowing the Risk Factors
» Managing the Risks
» Medication Options
» Managing Your Medications
**LIVING IN A FAMILY WITH TYPE 1 DIABETES**
Geography/Audience: International
Status: In Market

**KEY POINTS**
- Being Diagnosed with Type 1 Diabetes
- Feelings and Emotions
- Talking with Others About Diabetes
- The Importance of Insulin
- Monitoring Your Blood Glucose Levels
- Making Changes as You Grow Older
- Family Responsibilities
- Growing with Diabetes

**STARTING INSULIN TREATMENT**
Geography/Audience: International
Status: In Market

**KEY POINTS**
- Fasting During Ramadan—One of the Five Pillars of Islam
- Understanding the Risks of Fasting
- What Happens to Your Body While Fasting
- Fasting-Associated Complications
- Managing a Day During Ramadan
- Diet, Physical Activity, Medication, and Scheduling Your Pre-Ramadan Medical Assessment
- Creating a Diabetes and Ramadan Management Plan and Involving Your Support Network
WORKS IN COLLABORATION WITH DIABETES CONVERSATION MAP TOOLS
COLLABORATIVE GOAL SETTING
GOAL TRACKING
HCP COACHING
CURATED CONTENT

Geography/Audience: Global
Status: In Testing
IPAD CONVERSATION STARTER™ EDUCATION TOOLS

STARTING YOUR JOURNEY WITH DIABETES
Geography/Audience: Pan-European
Status: In Market
VIRTUAL CONVERSATION MAP® SESSIONS

AVOIDING THE STORM
Geography/Audience: US
Status: In Market
US DIABETES
Geography/Audience: US
Status: In Market