

Get Better Together is a free, group-based, self-management program for people with ongoing health issues. It is based on a program model developed by the Patient Education Research Centre at Stanford University. The in-person program runs 2.5 hours a week for six weeks and is led by people who are also dealing with an ongoing health condition. Each session helps participants solve problems and set goals to take control of their health. The program is also available in an online format.

Please complete the following:

Name: _____ DOB: _____
Address: _____ City: _____ Province: _____ Postal Code: _____
Home phone #: _____ Cell #: _____
Email address: _____
Primary Care Provider: _____
Referring Care Provider: _____

Eligibility Criteria:

- Does your client have a chronic illness or ongoing health issue?**
(Can be any issue related to health that they are managing on an ongoing basis including weight issues, diabetes, arthritis, heart problems, cancer, anxiety, depression or other mental health conditions or substance abuse issue. The program is best for participants who are not in a current mental health crisis)
- Is the client 18 years or older or bringing someone under 18?**
(Clients under 18 are welcome if they understand that the majority of participants are adults and seniors)
- Is the client able to attend fairly regularly over the 6 weeks of this program?**

How would the client prefer to attend Get Better Together?

- In-person in a group setting** (7-20 attendees)
 - Does the client anticipate bringing a family member or other support person with them?
 - Yes Name: _____
 - No
- Online** (10-25 attendees)
Please have clients register online: www.getbettertogether.ca
or fax referrals to 204.697.2412

PLEASE FAX REFERRALS:

In Winnipeg & Churchill	204.697.2412
In Prairie Mountain Health	204.523.4089
In Interlake Eastern Regional Health Authority	204.785.7743
In Southern Health – Santé Sud	204.428.2774
In Northern Regional Health Authority	204.687.8602