Better Choices, Better Health® South Dakota - A Better Way

Living with a chronic physical and/or mental health condition can be lonely, overwhelming and, if not managed successfully, debilitating. Have you ever thought, *there must be a better way,* when it comes to managing your ongoing health conditions? There is – **Better Choices, Better Health® South Dakota (BCBH-SD)**! Thousands of South Dakotans live with at least one chronic condition. Additionally, South Dakota has a significant aging population and chronic health conditions tend to increase in prevalence with age. Although chronic health conditions are among the most common and costly health problems, they are also among the most preventable.

WHAT IS BCBH-SD? BCBH-SD is a licensed, statewide program for adults offering a suite of free self-management education (SME) programs facilitated by trained BCBH-SD leaders. This suite includes programs for chronic conditions, pain, diabetes, and cancer available in a variety of workshop formats including face-to-face, virtual, and toolkit self-study. New in 2021 is the chronic conditions program offered in Spanish. The workshops introduce evidence-based information and skills that are proven to help those with chronic physical and mental health conditions improve their quality of life. Additionally, BCBH-SD offers Walk With Ease (physical activity) and Fit and Strong! (strengthening / fall prevention). Workshops are six weeks in length and meet weekly for 2-2 1/2 hours*****. BCBH-SD is licensed and coordinated through SDSU Extension and in collaborative partnership with the South Dakota Department of Health and the Department of Human Services.

WHY SHOULD I ATTEND? Living with chronic conditions may keep you from doing things in life that you love. BCBH-SD workshops help you to understand how healthier choices can boost self-confidence to inspire positive lifestyle changes. You learn skills and strategies that are proven to better manage your symptoms and health conditions. When you have the support and tools to make better choices, you can improve your health and quality of life! Research supports that participating in a SME workshop improves health outcomes and provides an average annual cost-savings of over $800 per person.
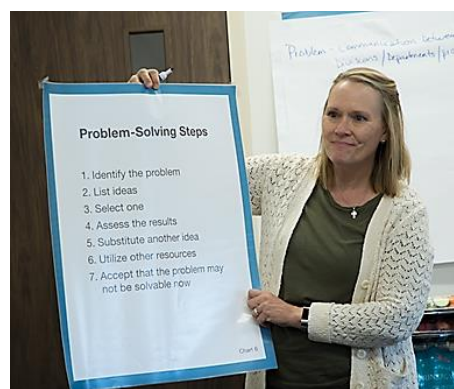
Denise Kolba, BCBH-SD Master Trainer; SD Foundation for Medical Care

WHAT DOES IT COST? Workshops are FREE to attend!! Plus you receive a companion book, certificate of completion, other resources, and ongoing support after the workshop concludes.

HOW DO I REGISTER FOR A WORKSHOP AND FOR WHICH ONE? Call our toll free number at 1-888-484-3800 to sign up! You have multiple options, depending which program you are interested in, and which attendance model (virtual, and telephonic/self-guided, face-to-face) you prefer. BCBH-SD staff will answer your questions and get you signed up!

BCBH In-person – requires attendance (at a physical location where a workshop is scheduled) at each session

BCBH Live! – offered virtually over Zoom (requires reliable internet with audio and visual connection; technical assistance provided)

BCBH @Home – self-guided toolkit with weekly telephone call (requires a mailing address and telephone number)

WHAT ELSE SHOULD YOU KNOW? Starting July 1, 2021 state employees and Board of Regent employees covered under the state health plan are eligible for up to 300 points in their HSA or HRA account after completing a BCBH-SD workshop! Look for more information coming to the beneFit portal soon.

If you or your staff are interested in becoming trained as a Leader for the BCBH-SD program, there is a virtual training scheduled August 19th through September 30th, meeting twice weekly (Mondays and Thursdays) from 2:30-5:00pm CT. Click here to register or call 1-888-484-3800 to find out more information.

No matter which workshop you attend, you will find a supportive community to help you manage your physical and mental well-being. Find more information on our website at www.betterchoicesbetterhealthsd.org and our Facebook page, @BCBHSD.

(**some exclusions apply to certain workshops*)