

Would you like to learn more about ways to stay healthy and/or manage your medical condition(s)?

CDPHO offers videos and booklets to patients that explain that there are *options* for treating and managing your symptoms, explore how your *preferences for treatments* can influence how well the treatments work, and offer *helpful tools* for you to manage your care and discuss with your doctor.

- These materials are free of charge. Your provider can ‘prescribe’ these materials to you through our decision support website.

Please check the box next to the program(s) you may be interested in, and give the form to your Provider. Please limit 2

Health and Wellness

- Sleeping Better: Help for Long-Term Insomnia
- Growing Older, Staying Well (for age 50 and older)
- Living Better with Chronic Pain
- Colon Cancer Screening: Deciding What's Right for You (for age 50 and older)

Men’s Health

- Benign Prostatic Hyperplasia (BPH, or enlarged prostate): Choosing Your Treatment
- Prostate Cancer Screening: Is a PSA Test Right for You? (for men age 50-75)

Mental Health

- Coping with Symptoms of Depression
- Help for Anxiety: Treatments that Work

Bones and Joints

- Treatment Choices for Knee Osteoarthritis
- Treatment Choices for Hip Osteoarthritis

Women’s Health

- Managing Menopause
- Abnormal Uterine Bleeding Treatment Choices