

Table 1: AAEBIs for Remote Delivery (All Programs)

	Better Choices, Better Health (Online CDSMP)	Walk With Ease (Self-Directed)	Enhance Fitness*	Fit & Strong (@home)*	Chronic Disease Self-Management Program (Virtual + Mailed Toolkit Delivery Modes)	Chronic Pain Self-Management (Virtual + Mailed Toolkit Delivery Modes)	Workplace Chronic Disease Self-Management Program
Priority Audience	Anyone living with one or more chronic health conditions or ongoing symptoms	People with arthritis and people who seek to improve physical activity levels	Older adults or aging people with a disability	Older adults with osteoarthritis in lower extremities	People with one or more physical or mental chronic conditions	People with chronic pain conditions, such as back pain, arthritis, headaches	Host workplace employees with one or more physical or mental chronic conditions
Program Content	Action Planning, Communication skills, Decision-making, Exercise, Goal setting, Healthy eating, Managing emotions, Navigating resources, Planning for the future, Problem-solving, Stress management, Symptom management, Working with health care teams	10–35-minute walk, Health Education, Stretching and strengthening, Warm-up and cool-down exercises	Fitness assessment, Cardiovascular exercise, Dynamic/Static balance work, Strength training with weights, Flexibility, Socialization	Balance, Exercises that mimic daily activities, Ongoing personal exercise program plan, Problem-solving, Range of motion, Resistance exercises, Self-management skills, Stretching	Action planning, Communication skills, Decision-making, Exercise, Healthy eating, Problem-solving, Symptom management, Weight loss	Action planning, Communication skills, Decision-making, Exercise, Healthy eating, Problem-solving, Symptom management, Weight loss, Cognitive pain management, Managing emotions	Action planning, Communication skills, Decision-making, Exercise, Healthy eating, Problem-solving, Symptom management, Weight loss, Work-life balance

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Program Benefits/Goals/Outcomes	Improved health status, Increased health behaviors, Improved A1 levels, Increased self-efficacy, Reduced pain and fatigue,	Promote education about successful physical activity for people with arthritis, Promote education about arthritis self-management and walking safely and comfortably, Encourage participants to continue their walking program and explore other exercise and self-management programs that deliver proven benefits for people with arthritis.	Decreases depression, Decreases skilled-nursing costs, Decreases unplanned hospitalizations, Maintains or improves physical function, Promotes a physically active lifestyle, Protects against falls and fall injury, Provides a social benefit, Reduces medical-care utilization costs (\$945/participant annually), Saves health care costs for managed care plans	Improve exercise frequency, Reduce arthritis-related joint pain and stiffness, Increase strength, Improve overall confidence in ability to exercise	Health behaviors such as exercise, medication, adherence, and communication with health professionals, Reduced symptoms of pain, fatigue, shortness of breath, or depression, Reduced health care utilization including ER and physician visits and hospital days	Fewer condition-related problems, Improved quality of life, Improved role behaviors, Increased life satisfaction, Increased self-efficacy, Less dependency, Less depression, Less pain, Reduced severity of chronic condition	Improved exercise. Eating behaviors, Reduced fatigue
Program Format	Virtual self-directed/self-paced	Self-Directed	Instructor-led virtual	Instructor-led virtually, performed live	Group workshop and mailed toolkit with phone call check-in	Group workshop and mailed toolkit with phone call check-in	Virtual group workshop
Class Size	20-30 people	N/A for Self-Directed	10-25 people	20-25 people	Virtual workshop size: 8-12 people	Virtual workshop size: 8-12 people	Virtual workshop size: 8-12 people
Program Duration	30 min, 3 times a week	1 hour, 3 times per week	1 hour, 3 times per week	90 minutes, 3 times per week	Virtual workshop: 2.5 hours per session	Virtual workshop: 2.5 hours per session	50-55 minutes per session

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Program Length	6 weeks plus ongoing alumni community for alumni	6 weeks	16 weeks for pre- and post-measurement (most classes are ongoing)	8 weeks	Virtual workshop: 1 session per week for 6 weeks, Mailed toolkit: 6 weeks	Virtual workshop: 1 session per week for 6 weeks, Mailed toolkit: 6 weeks	2 sessions per week for 6 weeks
Instructor Qualifications	Canary Peers certified online facilitator (complete 6-week facilitator training)	CPR certification course must include a live skills training, Current certification in CPR is required, First aid certification strongly recommended, Online only courses not accepted, Requires professional liability insurance coverage with an aggregate/single occurrence limit not less than one million dollars (\$1,000,000.00) for personal injury or property damage, unless covered by the host facility's comprehensive or professional liability insurance policy	12 hours of specialized Enhance@Fitness master training, Nationally recognized fitness certification or equivalent strongly recommended	Certified exercise instructor or Master Trainers for A Matter of Balance or Chronic Disease Self-Management Program (CDSMP) graduate	Trained by SMRC-certified master trainers, Two trained leaders, one or both of whom have a chronic condition and not health professionals, for both in-person and virtual workshops	Trained by SMRC-certified master trainers, Two trained leaders, one or both of whom have a chronic condition and not health professionals, for both in-person and virtual workshops	Trained by SMRC-certified master trainers, Two trained leaders, one or both of whom have a chronic condition and not health professionals, for both in-person and virtual workshops
Program Licensing Required	Yes	No	No	Yes	Yes	Yes	Yes

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Language Offerings	English	Spanish: <i>Camine Con Gusto</i>	Classes and instructor-training materials are available in English and Mandarin, Languages noted spoken by participants and instructors in class, not language of class materials, Offered at sites in 16 languages, from American Sign Language (ASL) to Vietnamese	English	Arabic, Canadian French, Chinese, Creole-Haitian, Danish, Finnish, French, Hindi, Hmong, Italian, Russian, Samoan, Tongan, Vietnamese For Spanish and Portuguese, see Tomando Control de Su Salud	Canadian French, French, Spanish	Spanish
Cost (approx. cost/participant)	Organizations purchase workshop slots at approximately \$275 per workshop participant who shows up to the program	\$89 training per person, \$11.95 per participant book (required). Discounted books for community-based organizations are available.	Initial license costs \$3,000 and includes 1 physical site, 1 training, implementation support; \$50 annual license renewal and includes 1 physical site and implementation support Enhance@Fitness – Program Cost Project Enhance	\$2,000 license cost, Online Instructor training fee (\$300 per participant or \$1,000 for 5 trainees), Per participant cost \$225-\$300, Training is included in licensing costs, One-time materials and equipment cost about \$1,752.80 or \$87.64 per Fit&Strong! Class participant	License Cost \$550, lasts 3 years and includes 20 workshops; Participants' books cost \$15-\$20 dollars a person depending on volume ordered.	License Cost \$550, lasts 3 years and includes 20 workshops; Participants' books cost \$15-\$20 dollars a person depending on volume ordered.	License Cost \$550, lasts 3 years and includes 20 workshops; Participants' books cost \$15-\$20 dollars a person depending on volume ordered.

<p>Research/Journal Article</p>	<p>Better Choices Better Health Research Article</p>	<p>WWE Self-Directed Research Article</p>	<p>Enhance Fitness Research Articles</p>	<p>Fit & Strong! Research Article</p>	<p>CDSMP Research Articles (Virtual)</p> <p>CDSMP Related Research Articles (Toolkit)</p>	<p>CPSMP Research Articles (Virtual)</p> <p>CPSMP Related Research Articles (Toolkit)</p>	<p>wCDSMP Research Articles</p>
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*Currently being tested for remote delivery.