

**Table 2: AAEBIs for Remote Delivery (Self-Management Programs)**

	Better Choices, Better Health (Online CDSMP)	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 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, Managing medications, Navigating resources, Planning for the future, Problem-solving, Stress management, Symptom management, Working with health care teams	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	Improved 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, Improved eating behaviors, Reduced fatigue
Program Format	Virtual self-directed/self-paced	Virtual group workshop and mailed toolkit with phone call check-in	Virtual group workshop and mailed toolkit with phone call check-in	Virtual group workshop
Class Size	20-30 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	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	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)	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	Yes	Yes	Yes

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Language Offerings	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	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.
Research/ Journal Article	<a href="#">Better Choices Better Health Research Article</a>	<a href="#">CDSMP Research Articles (Virtual)</a>  <a href="#">CDSMP Related Research Articles (Toolkit)</a>	<a href="#">CPSMP Research Articles (Virtual)</a>  <a href="#">CPSMP Related Research Articles (Toolkit)</a>	<a href="#">wCDSMP Research Articles</a>

\*Currently being tested for remote delivery.