

Help your patients who are smoking, overweight, stressed, and depressed.

Pro-Change's evidence-based Gold Award winning online programs are available to your patients needing behavior change.

Pro-Change programs:

- Require minimal investment & time
- Are easy to use and easy to understand
- Are appropriate people who are ready, getting ready, or not ready to make a change.
- Are available for a low yearly cost
- Can help improve quality of life
- Can help manage chronic conditions such as diabetes, obesity, and cancer.

Changing patient's health behaviors is considered one of the most important aspects of providing primary care. Give your patients who are smoking, overweight, stressed, depressed, sedentary, or nonadherent to prescribed medication an evidence-based tool to help produce successful behavior change.

Pro-Change has created individually tailored behavior change programs based on research and proven behavior change science. With funding from the National Institutes of Health (NIH) and private industry, and based on over 30 years of research, our programs have achieved unprecedented impacts with entire at-risk populations.

You can distribute access to the entire suite of programs as easily as you prescribe a medication:

1. Let your patients know they can register on their own for a \$35 fee per year (paid by patient), by visiting www.prochange.com/myhealth, OR
2. Purchase user logins to distribute to your patients.

When your patients enter the program, they will complete—at their convenience—an online Health Risk Assessment to determine the behaviors for which they are at risk. Patients will access individualized behavior change guidance and interactive e-Workbooks for each at-risk behavior.

Contact info@prochange.com to receive more information or call 401-874-4100 and one of our Behavior Change Specialists will demonstrate our programs.

For more information about Pro-Change and The Science of Behavior Change visit www.prochange.com.

Pro-Change programs can help your patients with:

- Smoking Cessation
- Stress Management
- Weight Management
- Medication Adherence
- Depression Prevention
- Regular Exercise
- Eating a Healthy Diet

The Pro-Change LifeStyle Management Program at www.prochange.com/myhealth can help your patients progress through the Stages of Behavior Change.

