

ConnectionsSM Health Management Program

Award-winning decision aids available to support you and your patients



ConnectionsSM Health Management Program

1-866-866-4694

Shared Decision-Making[®] DVDs, booklets, and Health Crossroads[®] web modules provide the facts that individuals need to manage their conditions and make informed decisions.

The ConnectionsSM program offers educational decision aids that support the Shared Decision-Making[®] approach. These decision aids present evidence-based, unbiased information on treatment options and condition management and are designed to support an informed dialogue between individuals and their physicians. All decision aids are based on medical evidence researched and evaluated by the Foundation for Informed Medical Decision Making and are regularly reviewed and updated to ensure the most current and accurate information. All DVDs also come with booklets and Health Crossroads[®] web modules that provide additional information on each topic.

Decision aids list

Your Connections-eligible patients can receive our Shared Decision-Making[®] DVDs, booklets, and Health Crossroads[®] web modules at no charge. Please ask your Connections-eligible patients to call a Health Coach at 1-800-ASK-BLUE (1-800-275-2583) to request a decision aid that may be appropriate for them. If you would like to view any of these decision aids before recommending them to your patients, please call the Connections Program Provider Support Line at 1-866-866-4694. The following is a list of decision aid titles currently available:

Breast cancer	
<i>Early-Stage Breast Cancer: Choosing Your Surgery</i>	For women with early-stage, invasive breast cancer
<i>Early Breast Cancer: Hormone Therapy and Chemotherapy — Are They Right for You?</i>	For women considering additional treatment after surgery
<i>Breast Reconstruction: Is It Right for You?</i>	For women considering breast reconstruction
<i>Ductal Carcinoma In Situ: Choosing Your Treatment</i>	For women with ductal carcinoma in situ, also known as noninvasive, or Stage 0, breast cancer
<i>Living with Metastatic Breast Cancer: Making the Journey Your Own</i>	For women with metastatic, or Stage IV, breast cancer
Colon cancer	
<i>Colon Cancer Screening: Deciding What's Right for You</i>	For men and women age 50 to 75 who are at average risk for colon cancer and are considering screening for colon cancer

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Back pain	
<i>Herniated Disc: Choosing the Right Treatment for You</i>	For people with low back and leg pain and herniated disc diagnosis. The pain should have lasted more than four to six weeks and be bothersome enough for people to consider additional treatment, including surgery.
<i>Spinal Stenosis: Choosing the Right Treatment for You</i>	For people with low back and leg pain and spinal stenosis diagnosis
<i>Acute Low Back Pain: Managing Your Pain Through Self-Care</i>	For people who have had low back pain (including buttock and upper leg pain) for less than one month
<i>Chronic Low Back Pain: Managing Your Pain and Your Life</i>	For people who have had low back pain for at least three months that is not attributed to herniated disc, spinal stenosis or spondylolisthesis

Bone and joint health	
<i>Managing Early-Stage Knee Osteoarthritis*</i>	For people age 40 and older who are considering how to treat knee symptoms that appear to be caused by osteoarthritis
<i>Treatment Choices for Torn Meniscus*</i>	For people age 40 and older who are considering treatment for a degenerative meniscus tear
<i>Treatment Choices for Knee Osteoarthritis</i>	For people considering knee replacement surgery
<i>Treatment Choices for Hip Osteoarthritis</i>	For people considering surgery or other treatments for hip osteoarthritis
<i>Protecting Your Bones: Preventing Another Fracture*</i>	For people who have had a fragility fracture, especially those who have broken a bone in the arm, hip, leg, or spine

Prostate health	
<i>Benign Prostatic Hyperplasia: Choosing Your Treatment</i>	For men, typically 50 or older, with symptoms of prostate enlargement
<i>Is a PSA Test Right for You?</i>	For men considering a prostate-specific antigen (PSA) test to screen for prostate cancer
<i>Treatment Choices for Prostate Cancer</i>	For men with early-stage prostate cancer
<i>Hormone Therapy: When the PSA Rises After Prostate Cancer Treatment</i>	For men who have a rising prostate-specific antigen (PSA) level after their prostate cancer has been treated with surgery or radiation, and who do not have other evidence that cancer has spread beyond the prostate

Women's health	
<i>Treatment Choices for Abnormal Uterine Bleeding</i>	For women considering hysterectomy or other treatment options for abnormal uterine bleeding
<i>Treatment Choices for Uterine Fibroids</i>	For women considering fibroid treatment options
<i>Managing Menopause: Choosing Treatments for Menopause Symptoms</i>	For women age 40 to 60 years who have questions about managing common menopause symptoms

Cardiovascular and cerebrovascular health	
<i>Heart Tests: Learning About Your Choices*</i>	For people whose doctor has suggested heart testing (such as exercise stress testing or heart catheterization)
<i>Treatment Choices for Carotid Artery Disease*</i>	For people considering carotid artery surgery
<i>Treatment Choices for Coronary Artery Disease</i>	For people considering treatment for coronary artery disease. This includes people who have stable coronary artery disease with or without stable angina, or people about to have a coronary angiogram.
<i>Living with Coronary Heart Disease</i>	For people with coronary artery disease, including those who have had a heart attack, angioplasty, or coronary bypass surgery
<i>Living with Heart Failure: Helping Your Heart Day-to-Day</i>	For adults who have heart failure that is causing symptoms including shortness of breath, fatigue, edema in the legs, feet, or abdomen, and less ability to do daily activities

Weight management	
<i>Weight Loss Surgery: Is It Right for You?</i>	For people considering weight loss surgery

Mental health and sleep	
<i>Coping with Symptoms of Depression</i>	For people who are wondering if they have depression or who have been diagnosed with depression and are considering treatment options
<i>Sleeping Better: Help for Long-Term Insomnia</i>	For people with chronic insomnia who are looking for information on treatments, specifically cognitive-behavioral therapy for insomnia and prescription sleep medications.

Shared decision-making	
<i>Getting the Healthcare That's Right for You</i>	For people interested in participating in decision-making with their doctors
<i>Cataracts: Is Surgery Right for You?*</i>	For people who have been told by a doctor that they are candidates for cataracts surgery and are 18 years or older
<i>Growing Older, Staying Well</i>	For older adults facing common health problems such as: managing medications, memory, preventing falls, incontinence, hearing problems, and physical inactivity

End-of-life decisions	
<i>Looking Ahead: Choices for Medical Care When You're Seriously Ill</i>	For people with a serious illness that is or may become life-threatening; also for the family members and loved ones of people who are seriously ill

Chronic conditions	
<i>Living Better with Chronic Pain</i>	For people who have pain that has lasted for six months or longer under the care of a doctor, may not have a cure, and makes some daily activities difficult or impossible
<i>Living with Diabetes: Making Lifestyle Changes to Last a Lifetime (Spanish version available)</i>	For adults with type 2 diabetes who are newly diagnosed or living with the condition for some time