

Live the Life You Want With Your Condition



If you or a loved one is living with a chronic condition like diabetes, high blood pressure, or asthma, then you understand the emotional and practical challenges it can present. Check out these short online exercises for helpful tools and support. You can access them easily from the internet or your smartphone.

These resources are offered to you at no cost and are just some of the digital materials that may help you manage your physical and mental health.

Why Am I Feeling _____ About My Chronic Condition



Problem-Solving for Chronic Conditions



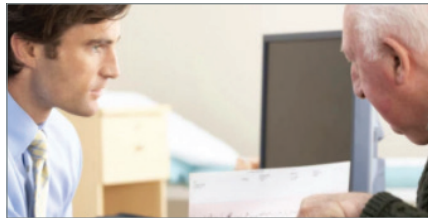
The Healing Magic of Curiosity



Accepting Help When You Have a Chronic Condition



Communicating With Your Provider



Living Joyfully With Chronic Conditions



SIGN UP TODAY

To get started, visit www.mystrength.com/go/epc/azallwell

Allwell complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. For assistance, please call: 1-800-977-7522 (HMO and HMO SNP), (TTY:711).

Español (Spanish): Servicios de asistencia de idiomas, ayudas y servicios auxiliares, traducción oral y escrita en letra más grande y otros formatos alternativos están disponibles para usted sin ningún costo. Para obtener esto, llame al número de arriba.

Diné Bizaad (Navajo): Diné k'ehjí saad bee shíká a'doowoł nínízingo bee ná haz'á', t'áá haada yit' éego kodóo naaltsoos da nich'í' ál'í' jgo éí doodago t'áá ha'át'íhída Diné k'ehjí bee shíká a'doowoł nínízingo bee ná ahóót'í'. Ákót' éego shíká a'doowoł nínízingo hódahgo béesh bee hane'í biká'íjij hodíílinih.