Chronic Conditions and Disease Prevention
A resource for faculty and staff on Purdue’s health plans

Are you managing a chronic condition? Purdue has resources on campus. WorkLife Programs can help.

Classes

Offers a variety of classes dealing with prevention and chronic conditions, such as Chronic Disease Self Management.

Chronic Disease Self Management Program

**Spring Session**
Mondays, Mar. 26-Apr. 30 -- 3-5 p.m.

Chronic disease can disrupt the routine of life and have an impact on emotions. WorkLife Programs is happy to partner with Area IV Agency to offer a highly participative and supportive program for those who have chronic diseases such as diabetes, heart disease, stroke, arthritis, pulmonary disease, fibromyalgia, or any other chronic condition. Participants will meet for six weeks, utilizing two-hour sessions each week to help fortify their abilities in self-management skills. Topics include techniques to deal with problems such as frustration, fatigue, pain and isolation; appropriate exercise for maintaining and improving strength, flexibility and endurance; appropriate use of medications; communicating effectively with family, friends, and health professionals; nutrition; and how to evaluate new treatments. Each participant will receive a copy of the Living a Healthy Life with Chronic Conditions workbook along with a relaxation CD. This program, workbook and CD were developed based on a 5-year study by researchers at Stanford University. Two leaders who have been trained to facilitate this program will present.

Online Resources

Provides free educational self-help web materials on cancer, diabetes, heart disease and osteoarthritis.

One-on-One Nutrition Counseling

Help with weight management, high cholesterol and more.

Tier 1 Lab Services on Campus

State Street Office Facility (SSOF), 1601 W. State St.
Monday-Thursday, 7 a.m.-5:30 p.m. Closed from 1-1:30 p.m.
Closed on Fridays and University holidays.
Physicians may fax orders to 765-474-8460.
http://www.purdue.edu/hr/Benefits/Medical/ssoflab.html

Wellness Screenings

Available through the School of Nursing. Include blood pressure, height, weight, and the finger stick procedure for total cholesterol, HDL cholesterol, and glucose. One per calendar year.

Tobacco Cessation

Offers the Quit Smart program on campus and other support resources. For campus resources or what’s covered through your health plan, go to www.purdue.edu/worklife and select “Tobacco Cessation”.

To view and register for current WorkLife Programs offerings and access online resources, go to www.purdue.edu/worklife and log in with your career account and password, or call WorkLife Programs at 494-5461.

Spring 2012