Living with Heart Failure:
Helping Your Heart Day-to-Day
For adults who have heart failure that is causing symptoms, including shortness of breath, fatigue, leg swelling (edema), and less ability to do daily activities

Living with Diabetes:
Making Lifestyle Changes to Last a Lifetime
For adults with type 2 diabetes who are newly diagnosed or have been living with the condition for some time

Weight Loss Surgery: *Is It Right for You?*
For adults considering weight loss surgery

Coping With Symptoms of Depression
For patients who are wondering if they have depression or who have been diagnosed with depression and are considering treatment options

Living Better with Chronic Pain
For patients with 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

Peace of Mind: *Personal Stories about Advance Directives*
For families facing end-of-life decisions

Getting the Healthcare That's Right for You
For patients interested in participating in decision-making with their doctors

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How to refer your AmeriHealth patients to the Connections℠ Health Management Program

Complete a **Connections Fax Referral Form** and fax to 1-800-276-3075.
Or
Give your patient a **Connections Referral Slip**, encouraging them to call a Health Coach directly.
If you have any questions, please call the Connections Program Provider Support Line at 1-866-866-4694.

Connections℠
HEALTH MANAGEMENT PROGRAM
AmeriHealth
FPO

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Connections℠ Health Management Program Shared Decision-Making® video series

Ensure that your patients have access to evidence-based information. The Shared Decision-Making® video series was created to provide patients with the perspectives and evidence-based information they need when making important medical testing and treatment decisions and to encourage patients to work with their doctors to make decisions.

Shared Decision-Making® videos:

- present the latest clinical evidence about the risks and benefits of treatment options in ways patients can understand;
- explain why there is sometimes a lack of evidence to support one treatment option over another; for example, for patients with a herniated disc or early, localized breast cancer;
- include interviews with patients who have undergone treatments and experienced various outcomes or side effects, illustrating the variety of patient perspectives and concerns;
- focus on helping patients engage in high quality decision-making with their doctors;
- support patients in carrying out their choices with confidence and competence.

Videos available include:

Herniated Discs:
Treating Low Back and Leg Pain
For patients with low back and leg pain and herniated disc diagnosis

Spinal Stenosis:
Treating Low Back and Leg Symptoms
For patients with low back and leg pain and spinal stenosis diagnosis

Acute Low Back Pain:
Managing Your Pain Through Self-Care
For patients who have had low back pain (including buttock and upper leg pain) for up to four weeks

Chronic Low Back Pain:
Managing Your Pain and Your Life*
For patients who have had low back pain for at least three months that is not attributed to herniated disc, spinal stenosis, or spondylolisthesis

Treatment Choices for Knee Osteoarthritis*
For patients considering knee replacement surgery

Treatment Choices for Hip Osteoarthritis*
For patients considering surgery or other treatments for hip osteoarthritis

Benign Prostatic Hyperplasia:
Choosing Your Treatment*
For men, typically 50 or older, with symptoms of prostate enlargement

Is a PSA Test Right for You?*
For men considering a prostate-specific antigen (PSA) test to screen for prostate cancer

Treatment Choices for Prostate Cancer
For men with early stage prostate cancer

Hormone Therapy: *When the PSA Rises After Prostate Cancer Treatment*
For men who have a rising PSA level after their prostate cancer has been treated and who do not have other evidence that cancer has spread beyond the prostate

Colon Cancer Screening:
Deciding What's Right for You
For men and women age 50 to 80 who are at average risk for colon cancer and are considering screening for colon cancer

Treatment Choices for Abnormal Uterine Bleeding
For women considering hysterectomy or other treatment options for abnormal uterine bleeding

Treatment Choices for Uterine Fibroids
For women considering fibroid treatment options

Ovarian Cancer: *Reducing Your Risks*
For women who want to understand and reduce their risk of ovarian cancer

Managing Menopause: *Choosing Treatments for Menopause Symptoms*
For women age 40 to 60 who have questions about managing common menopause symptoms

Early Stage Breast Cancer:
Choosing Your Surgery
For women with early stage, invasive breast cancer

Early Breast Cancer: *Hormone Therapy and Chemotherapy — Are They Right for You?**
For women considering additional treatment after surgery

Breast Reconstruction: *Is It Right for You?**
For women considering breast reconstruction

DCIS: *Choosing Your Treatment**
For women with ductal carcinoma in situ (DCIS), also known as noninvasive or Stage 0 breast cancer

Living with Metastatic Breast Cancer:
Making the Journey Your Own
For women with metastatic, or Stage IV, breast cancer

Treatment Choices for Coronary Artery Disease
For patients considering treatment for stable angina

Living with Coronary Heart Disease*
For patients with coronary heart disease, including those who have had a heart attack, angioplasty, or coronary bypass surgery

***Award-winning video**