



You may not always be able to control your health, but you can take an active role in your health care. Self-management can be a great way for you to manage your health challenges and goals, and it can be as easy as signing in online.

Try these tips to get started in an online self-management program.

- **Find a program:** Some online programs are geared toward general health, with food logs, exercise journals, etc. Others allow you to manage one or more health conditions. Check out free sites like LiveStrong.com or TheCarrot.com. Many prescription medicines have Web sites that offer helpful programs as well. Other programs may also be available to you through your employer or insurance company.
- **Fill in the details:** Find an online program that lets you track detailed information, because the more specific you are the clearer your plan will be.
- **Take it step by step:** Most programs involve a series of steps to help you manage your health and meet your goals. You may even be able to sign up for email reminders and encouragement notes to keep you motivated.
- **Get help off-line, too:** Just because it's a self-management program doesn't mean you have to do it alone. Let friends and family know what you're doing, and ask them for support. Let your healthcare provider (HCP) and pharmacist know about your progress, too.
- **Follow through:** Not even the best online program can succeed without YOU! Log in often to chart your progress.

