



Chronic disease programs

Geisinger

Host one of our programs

Geisinger health and wellness offers several chronic disease management programs for anyone 18 years or older.

- Participants are provided with all program materials
- Class sizes range from six to sixteen participants
- Family members, friends or caregivers are welcome to join
- These interactive groups are open to the public and offered at no-cost to all who attend
- These evidence-based programs are led by trained leaders
- Programs are available Monday through Friday and can be scheduled throughout the day or evening

A Matter of Balance

8-week program

This award-winning program was designed by MaineHealth to manage falls and increase activity levels. Participants meet once a week for 2 hours to learn how to view falls as controllable, set realistic goals for increasing activity, make changes to reduce fall risks at home, and exercise to increase strength and balance.

Freedom from Smoking®

7-week program

This 8-session program developed by the American Lung Association provides skills and support to help tobacco users conquer their addiction.

Participants meet once a week for 2 hours (twice a week the week of quit day) to assess if they are ready to quit and to learn about medications that can increase success, lifestyle changes to make quitting easier, how to prepare for their quit day, coping strategies for managing stress and avoiding weight gain, and how to stay smoke-free for good.



Lifestyle Reboot Program

12-month program

This year-long program was developed by the Centers for Disease Control and Prevention (CDC) for anyone with prediabetes or at risk for developing type 2 diabetes. It consists of 16 1-hour sessions for the first 6 months, then a maintenance phase which consists of monthly sessions for six months. By the end of the first 6 months, the goal is for participants to lose at least five to seven percent of their starting weight and get at least 150 minutes of physical activity each week. By the end of the second 6 months, the goal is for participants to maintain their weight loss, keep working toward their goal weight if it was not yet met, and keep getting at least 150 minutes of physical activity each week.

Geisinger Health Plan, Geisinger Quality Options, Inc., and Geisinger Indemnity Insurance Company comply with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, gender identity, or sexual orientation.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 800-447-4000 (TTY: 711).

注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 800-447-4000 (TTY: 711)。

Live Your Best Life Program

6-week program

This program, originally developed by Stanford University, is for anyone living with a long-term or chronic health condition. Participants meet once a week for 2.5 hours to learn how to improve their health.



Workshop topics

- Healthy eating and exercise
- Managing your symptoms, pain and fatigue
- Relaxation techniques and reducing stress
- Connecting and talking with your doctor
- Setting goals and problem solving to improve your health

Live Your Best Life with Diabetes Program

6-week program

This program, originally developed by Stanford University, is for anyone living with diabetes or those who are at risk of developing diabetes. Participants meet once a week to learn how to improve their health.



Workshop topics

- Monitoring your blood sugar and medication
- Healthy eating and exercise
- Setting goals and problem solving to improve your health
- Healthy changes to lower your glucose and A1C
- Managing your symptoms, pain and fatigue
- Relaxation techniques and reducing stress
- Connecting and talking with your doctor
- Skin and foot care

Contact us

If you have questions or are interested in scheduling a program, contact Geisinger health and wellness at 866-415-7138 or wellness@geisinger.edu.