



A plan for life.

Award-Winning Video Library Available to Support You and Your CDPHP® Patients



Shared Decision-Making® videos and booklets provide the facts that individuals need to manage their conditions and make informed decisions.

Health Coach ConnectionSM provides educational videos that support the Shared Decision-Making® approach. These videos provide evidence-based, unbiased information on treatment options and condition management, and are designed to support an informed dialog between individuals and their physicians. All videos are based on medical evidence researched and evaluated by the Foundation for Informed Medical Decision Making, and are regularly reviewed and updated to ensure the most current and accurate information. All videos also come with booklets that provide additional information on each topic.

Video List

Your CDPHP patients are eligible to receive our Shared Decision-Making® videos at no charge. Please ask your CDPHP patients to call a Health Coach at 1-800-365-4180 to request a video that may be appropriate for them. If you would like to view any of these videos before recommending them to your patients, please call the CDPHP disease management line at (518) 641-3358 and we will send you a copy from our video lending library. Here is a list of video titles currently available.

Breast Cancer	
<i>Early-Stage Breast Cancer: Choosing Your Surgery</i>	For women with early-stage, invasive breast cancer
<i>Early Breast Cancer: Hormone Therapy and Chemotherapy - Are They Right for You?</i>	For women considering additional treatment after surgery
<i>Breast Reconstruction: Is It Right for You?</i>	For women considering breast reconstruction
<i>Ductal Carcinoma In Situ: Choosing Your Treatment</i>	For women with ductal carcinoma in situ, also known as noninvasive, or Stage 0 breast cancer
<i>Living with Metastatic Breast Cancer: Making the Journey Your Own</i>	For women with metastatic, or Stage IV, breast cancer
Colon Cancer	
<i>Colon Cancer Screening: Deciding What's Right for You</i>	For men and women age 50 to 80 who are at average risk for colon cancer and are considering screening for colon cancer

Back Pain

<i>Herniated Disc: Choosing the Right Treatment for You</i>	For people with low back and leg pain and herniated disc diagnosis. The pain should have lasted more than four weeks and be bothersome enough for people to consider additional treatment, including surgery
<i>Spinal Stenosis: Choosing the Right Treatment for You</i>	For people with low back and leg pain and spinal stenosis diagnosis
<i>Acute Low Back Pain: Managing Your Pain through Self-Care</i>	For people who have had low back pain (including buttock and upper leg pain) for up to four weeks
<i>Chronic Low Back Pain: Managing Your Pain and Your Life</i>	For people who have had low back pain for at least three months that is not attributed to herniated disc, spinal stenosis or spondylolisthesis

Major Joint Arthritis

<i>Treatment Choices for Knee Osteoarthritis</i>	For people considering knee replacement surgery
<i>Treatment Choices for Hip Osteoarthritis</i>	For people considering surgery or other treatments for hip osteoarthritis
<i>Protecting Your Bones: Preventing Another Fracture (booklet only)</i>	For people who have had a fragility fracture, especially those who have broken a bone in the arm, hip, leg, or spine

Prostate Health

<i>Benign Prostatic Hyperplasia: Choosing Your Treatment</i>	For men, typically 50 or older, with symptoms of prostate enlargement
<i>Is a PSA Test Right for You?</i>	For men considering a prostate-specific antigen (PSA) test to screen for prostate cancer
<i>Treatment Choices for Prostate Cancer</i>	For men with early-stage prostate cancer
<i>Hormone Therapy: When the PSA Rises After Prostate Cancer Treatment</i>	For men who have a rising prostate-specific antigen (PSA) level after their prostate cancer has been treated with surgery or radiation, and who do not have other evidence that cancer has spread beyond the prostate

Women's Health

<i>Treatment Choices for Abnormal Uterine Bleeding</i>	For women considering hysterectomy or other treatment options for abnormal uterine bleeding
<i>Treatment Choices for Uterine Fibroids</i>	For women considering fibroid treatment options
<i>Ovarian Cancer: Reducing Your Risks (booklet only)</i>	For women who want to understand and reduce their risk of ovarian cancer
<i>Managing Menopause: Choosing Treatments for Menopause Symptoms</i>	For women age 40 to 60 years who have questions about managing common menopause symptoms

Heart Disease

<i>Treatment Choices for Coronary Artery Disease</i>	For people considering treatment for coronary artery disease. This includes people who have stable coronary artery disease with or without stable angina, or people about to have a coronary angiogram
<i>Living with Coronary Heart Disease</i>	For people with coronary artery disease, including those who have had a heart attack, angioplasty, or coronary bypass surgery
<i>Living with Heart Failure: Helping Your Heart Day-to-Day</i>	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

Weight Management

<i>Weight Loss Surgery: Is It Right for You?</i>	For people considering weight loss surgery
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Mental Health

<i>Coping with Symptoms of Depression</i>	For people who are wondering if they have depression or who have been diagnosed with depression and are considering treatment options
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Shared Decision-Making

<i>Getting the Healthcare That's Right for You</i>	For people interested in participating in decision-making with their doctors
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End-of-Life Decisions

<i>Looking Ahead: Choices for Medical Care When You're Seriously Ill</i>	For people with a serious illness that is or may become life-threatening; also for the family members and loved ones of people who are seriously ill
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Chronic Conditions

<i>Living Better with Chronic Pain</i>	For people who have 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
<i>Living with Diabetes: Making Lifestyle Changes to Last a Lifetime</i>	For adults with type 2 diabetes who are newly diagnosed or living with the condition for some time
<i>Living with Diabetes: Making Lifestyle Changes to Last a Lifetime (Spanish Version)</i>	For Spanish-speaking adults with type 2 diabetes who are newly diagnosed or living with the condition for some time