

Senate Finance Committee Chronic Care Workgroup
US Senate
Washington, D.C.

Dear Senators Hatch, Wyden, Isakson and Warner,

I am writing to urge the Chronic Care workgroup support Medicare beneficiaries having access to evidence based self-management programs for chronic disease, pain management, fall prevention and physical activity.

In particular, I ask you to support Medicare funding the Stanford Chronic Disease Self-Management Program (CDSMP), for older adults with chronic disease. CDSMP is one of the most well researched, evidence-based program. Research studies have demonstrated positive changes in self-efficacy, health behaviors, physical and psychological health status, and symptom management as well as reducing per capita costs of health care with an approximate 2:1 return on investment in the first year.

This equates to a potential net savings of \$364 per participant and a national savings of \$3.3 billion if 5% of adults with one or more chronic conditions are reached. I urge you to make self-management programs a covered Medicare benefit.

Yours truly,
Bruce Campbell, PhD
Palo Alto, CA