



# HealthyLifetime Program - Individual Participant

TECHNOLOGY NUMBER: 2020-296



# HealthyLifetime™

## OVERVIEW

[HealthyLifetime](#) is an interactive, 8-week, Independent Living program designed to help you navigate the journey of independent living with confidence. It includes Independent Living Coaches, who are highly trained, monitored, and evaluated by nurse experts in independent living, who will partner with you to develop personalized strategies that fit your unique life circumstances and empower you to live life on your own terms, enhance your quality of life, and maintain your long-term independence.

## NEXT STEPS

After you enroll in the program, you will be emailed a welcome message with all the details you need to get started. This will include an introduction to your independent living coach and other helpful information to ensure a smooth experience.

Click the Order Now button to get started. If you need assistance, please use this [step-by-step](#) guide to help you through the registration process.

## References

1. Potempa, K., Butterworth, S., Flaherty-Robb, M., Calarco, M., Marriott, D., Ghosh, B., Gabarda, A., Windsor, J., Potempa, S., Laughlin, C., Harden, K., Schmidt, P., Ellis, A., & Furspan, P.(2022) , <https://www.mdpi.com/1660-4601/20/1/416>, International Journal of Environmental Research and Public Health, 20 (1), 416
2. Potempa, K., Calarco, M., Flaherty-Robb, M., Butterworth, S., Isaman, D., Potempa, S., Laughlin, C., Schmidt, P., Struble, L., Harden, K., Ghosh, C., Furspan, P., Ellis, A.(2022) , <https://bmcprimcare.biomedcentral.com/articles/10.1186/s12875-023-02162-x>, BMC Primary Care

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## Category

Content

Life Sciences

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