



New Offer for Members: Wisdo Online Peer Support Community

Information for Case Managers and Providers

Colorado Community Health Alliance now offers members unlimited access to an evidence-based online peer support community named Wisdo. The online community includes over 50 groups created to provide support to members struggling with mental health, chronic conditions, life stressors, and social determinants of health. This support community is accessible to members via their smartphones or personal computers. No special software is required.

By joining Wisdo, members will:

1. Receive emotional support and companionship from helpful peers who know what they're going through because they have been in similar situations.
2. Join group coaching sessions and fun activities and make friends for life.
3. Experience improvements in their health and well-being



"I chatted with people who experienced similar things, and who offered understanding and empathy"



"I've never seen a negative comment. It's the best of social media without all of the negative."

To access Wisdo

🌐 go to: www.wisdo.com/co/ccha or 📱 text "JOIN6" to 215-259-3898

How to describe Wisdo to a member?

The key to encouraging people to join Wisdo is to connect it to a current challenge or struggle they're facing. This could be a new diagnosis such as mental illness or cancer, a chronic condition they're struggling to manage, substance use, or a life stressor such as caring for a loved one, work, and family. With 50+ communities on Wisdo covering these topics, members will easily find multiple peers who have been in their shoes.

Here's an example of suggested language to use:

"I'm excited to tell you about a new offer that could help you with [insert challenge or struggle]. It's an award-winning online support community where you can connect with others who've been through similar situations and can support you on your journey towards better health. There's no cost to join, and you can remain anonymous so you can feel safe to share and connect. Would you like to enroll?"

Is Wisdo evidence-based?

Yes. Empirical data from Colorado users show that within 90 days, members experience statistically and clinically significant reductions in depression, anxiety, and loneliness rates and an increase in quality of life. >> [view published paper on JMIR](#).

Is the Wisdo platform safe?

Very much! Wisdo is HIPAA and SOC2 HITRUST compliant. Members are anonymous on the platform and all conversations on Wisdo are moderated for safety. If a safety risk is identified, Wisdo examines it, and if necessary provides the contact information for the Colorado Crisis line 1-844-493-TALK.

Is there tech support from Wisdo?

Yes. Members can call 1-256-462-8056 or email support@wisdo.com to connect with tech support.