



CDM Plus is helping consumers and health professionals to increase self-management for those at risk of or with one or multiple chronic conditions.

Health & Wellness



My Care Plan – Health & Wellness is your own personal and transformative journey to the future you envision wrapped up in an A5 colouring resource that empowers you to consciously take control of your own health and promote holistic well-being.

Self-Care is about nurturing your mind body, so take a deep breath and start colouring! Our Health & Wellness resource is designed to quiet the mind and focus on the present moment.

Chronic Care

My Care Plan – Chronic Care is a A4 hard copy resource designed to help people self-manage their chronic conditions like Cardiovascular Disease, Diabetes, Asthma, COPD, Chronic Kidney Disease, and Cancer. Self-management can help you or your loved one lead a happier and healthier life by giving them the knowledge, skills, and confidence to effectively manage their chronic conditions.

Self-management is your ability to participate and be in control of your own health.



Complex Care



My Care Plan – Complex Care is a customisable A4 Hard Copy resource that helps consumers, family members, and carers self-manage multiple complex chronic conditions. This folder can be personalised to meet your health needs and goals, improve communication between your healthcare professionals, track and organises appointments and test results, document health history and medicines, record observations and goals and establish a Personalised Emergency Evacuation Plan (PEEP) to ensure you have the necessary personal and health information easily accessible in an emergency.