

The future is brighter than ever for people living with CF



56%

Are 18 years or older



nearly **70%**

Are in school or working

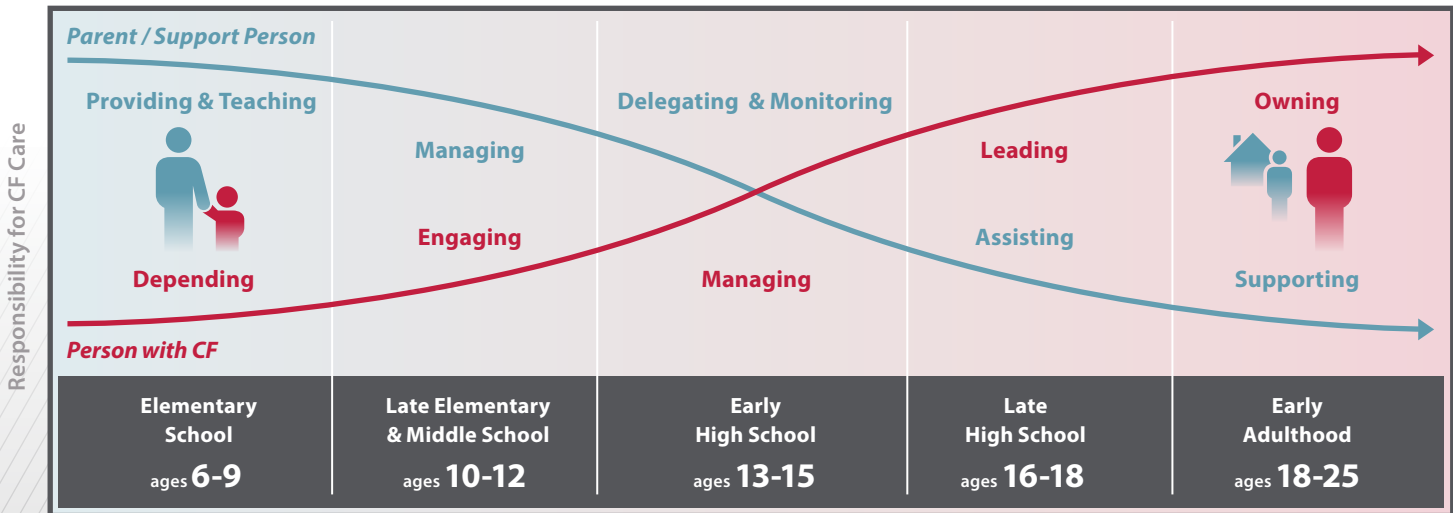


more than **44%**

Are married or living with a partner

Source: 2019 Cystic Fibrosis Foundation Patient Registry

But, learning to balance the **challenges of adulthood and CF** takes time and planning



Adopted with permission from: Kieckhefer GM, Trahms CM. Supporting development of children with chronic conditions: from compliance toward shared management. *Pediatr Nurs.* 2000;26(4):354-363.

Prepare for the future now — **gain the knowledge and skills you need** to independently manage your CF

Introducing **CF R.I.S.E.** — a program designed to help you:



Understand your disease, treatments, and CF rights



Learn how to take responsibility for your care at home, in the medical system, and in your daily life



Access credible information when you need it



CF R.I.S.E. was developed in collaboration with a multidisciplinary team of CF experts.

CF R.I.S.E. At A Glance



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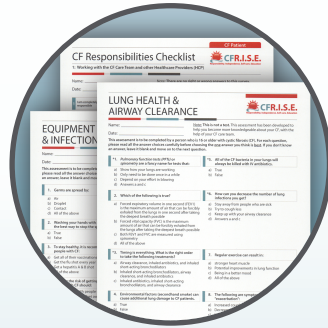


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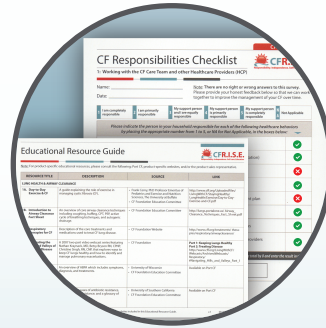


Test your knowledge & skills

Complete Knowledge Assessments and Responsibilities Checklists



Review



Learn more

View your results and access customized educational information



Set Goals



Make a plan

Discuss your results and set self-care goals



Follow Through



Take action!

Take steps to implement your agreed-upon goals and reach out to your care team with questions

To get started, visit www.CFRISE.com, click on **"Sign Up"** and enter clinic code:

