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


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.
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To get started, visit www.CFRISE.com, click on “Sign Up,” and enter clinic code: [ ]

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

Log In
Visit CFRISE.com
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Complete
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

THE CF R.I.S.E. PROGRAM MEETS THE GUIDELINES AND STANDARDS OF THE CYSTIC FIBROSIS FOUNDATION’S EDUCATION COMMITTEE