**Instructions for Breakout Session #1:**

1. Choose a chronic disease that you are familiar with
2. Use the “Generic” list of risk criteria as your guidelines (this will be on the shared screen)
3. Fill in the low, rising and high risk boxes with your group’s chosen “disease-specific” risk criteria for each risk category
   * Try to fill in at least 3 in each category
4. There is an example provided for you in each category below – it is non-specific but applicable to most chronic diseases

A diagram of a risk matrix

Description automatically generated

1. Multiple complex illnesses
2. One or more chronic conditions or risk factors
3. Stable and usually healthy