

Curious about NCHPAD Connect?

Here's what you need to know.

What is NCHPAD Connect?

The National Center on Health, Physical Activity and Disability (NCHPAD) is working to improve participation and access to health promotion opportunities, programs and resources through NCHPAD Connect. When you join and contribute your information to our wellness database as a participant, you gain access to our free evidence-based health and wellness programs, resources and virtual community events. NCHPAD Connect participants can also access additional opportunities to enjoy and further the development of new health promotion resources.

Does it cost money to join?

No, it is 100% free, and you do not need insurance to sign up or participate in any of our programs!

Who is NCHPAD Connect for?

NCHPAD Connect is for individuals in the U.S. aged 18 years or older, who self-report a mobility limitation or physical disability or use a mobility device or assistive technology. No medical diagnoses or paperwork required. Mobility limitations include conditions like chronic pain, joint inflammation, muscle weakness, difficulty walking or limb differences that impact movement or daily activities.

Why should I join NCHPAD Connect?

The greatest benefit of NCHPAD Connect is the direct impact you can make in helping us continuously develop and improve access to health promotion programs and resources for people with and without disabilities. Additionally, you will gain access to a variety of evidence-based health programs, personalized resource recommendations and opportunities to connect with a community of individuals with similar experiences and goals.

What types of programs do you have?

We currently offer three online programs with live instruction exclusively through NCHPAD Connect. These programs focus on a range of topics designed to boost your well-being, including mindfulness, exercise, nutrition, resilience, mental health and weight management.

I have more questions about NCHPAD Connect!

Explore our longer FAQ online at bit.ly/NCHPADConnectFAQ which addresses over 50 common questions about NCHPAD Connect, or contact our call center at 866-866-8896 or nchpad@uab.edu and a team member will be happy to help you.



How do I get started?

To join and start enjoying all the benefits and programs, scan the QR code or sign up online at nchpadconnect.org. You can also call us at 866-866-8896 to sign-up over the phone.



nchpadconnect.org



866-866-8896



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