How to Use the Asset Library

**Purpose**

This Asset Library is part of the Self Management Through Peer Leadership Toolkit and is to be used in conjunction with the accompanying Guide to provide a starting point for your own peer-led self-management program. All images and templates provided here are open source—you should feel free to download, edit, adapt, implement, and share the materials provided to facilitate improved self-management of multiple chronic conditions in your own community.

**Getting Started**

Each folder in the asset library represents one of the 5 major steps necessary for building a peer-lead self-management program in your community. We have made an effort ​to make the toolkit accessible and adaptable to those who may not have access to graphic design professionals or software. Inside each folder you will find ready-to-print resources in PDF format, as well as DOCX (Microsoft Word), PPTX (Microsoft Powerpoint) files, and—in a few cases—INDD (Adobe InDesign) and AI (Adobe Illustrator) templates that you can edit or adapt to reflect your own program details.

We suggest the following approach to getting the most from the Self Management Through Peer Leadership Asset Library:

* **Scan the materials provided** in the library to familiarize yourself with what exists (go ahead and download the fonts in the branding folder)
* **Adapt** **language and branding** etc…   
  All tools should be tested and adapted to reflect the language, cultural norms, attitudes, health services, and local resources of your unique community.
* **Share samples with community members** (peer leaders, for example) to get feedback on participant-facing materials

**Tips and Considerations**

* With your community members, consider creating a unique name for your program, and modifying the materials to reflect it
* Although most assets are created in full-color, they are designed to be legible when printed in black and white as well
* We encourage that any text modifications use plain language to accommodate varying levels of literacy
* If you would like to modify or create any new materials, the visual guidelines are as follows: Fonts used are Ingeborg (for larger and headline text) and Nunito (for body text). RGB values are 0/174/239 (blue) and 90/90/90 (grey)

**Help**

If you have any questions or comments about either the toolkit or asset library, or need help with files or file formats, please reach out to the following groups:

Arnhold Institute for Global Health

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Program Coordination at PeakHealth

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