



What is my next step?

- I will think about taking medicine.
- I will read more about it.
- I will discuss it with my family or a friend.
- I will discuss it with my healthcare team.

**Taking medicines
can help you live
a healthier life.
Won't you
choose health?**

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Thinking about **taking medicine**

Stage of change **Pre-contemplation**



This pamphlet is for you if you do not want to take a new pill, or you do not want to inject insulin.



I already take a lot of medicine.

People with diabetes can take medicines for various reasons:

- to lower blood sugar
- to lower cholesterol
- to lower blood pressure and protect the kidneys
- to prevent blood clots
- to help with depression



I'm not ready to take this medicine because ...

You may not want to take pills or insulin for various reasons. Check any that apply and/or add your own.

Pills:

- I want to make changes on my own instead of taking a pill.
- I can't afford the cost.
- I feel fine.
- _____

Insulin:

- I don't like needles.
- I believe that insulin causes diabetes to get worse.
- I heard that people gain weight.
- I just need to work a little harder.
- _____



How would you like things to be different?

Check any that apply and/or add your own.

- I would like to feel better.
- I would like to have more energy.
- I would like to have better-controlled blood sugar (or blood pressure, or cholesterol).
- _____