

What could interfere with my plan?

Taking your medication is a choice for health. Sometimes other things can get in the way. It is important to plan how to deal with that before it happens.

Name one possible obstacle to taking your medication: _____

What can you do to prevent it from being a problem? _____

Whom do you need for support? _____

How can this person help you? _____



What motivates me?

Let's look at why you made this decision. Check any that apply and/or add your own.

I want to feel better.

I want to prevent health problems in the future.

You have made a good decision – a decision for health.



Joan Thompson, PhD, MPH, RD, CDE
jthompson@laclinica.org

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Preparing to take your medicine

Stage of change Preparation

3



This pamphlet is for you if you want to begin to take a new medicine.



I'm ready to take my medicine (pills or insulin).

What is the name of it? _____

How does it help you?

Ask someone if you don't know.

- It improves blood sugar.
- It improves blood pressure.
- It protects my kidneys.
- It improves cholesterol.
- It prevents blood clots.
- It helps with depression.

What is my goal?

Setting a goal is one of the keys to success.

I will take _____
(Name the pill or type of insulin)

Write an "x" in the table below to show when you will take it.

	Before	During	After
Breakfast			
Lunch			
Dinner			
Bedtime			

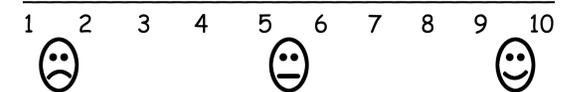
I will begin on _____
(Name the date)

You have made an important decision that will help you take care of your health.

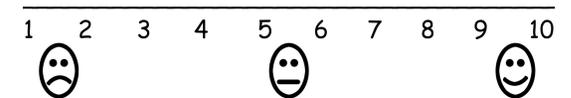


Is this goal right for me?

How important is it to me that I take this medicine?



How confident am I that I can meet my goal?



Did you choose a number less than seven? If so, discuss your concerns with your doctor.