

98 150
85 132
118

Reviewing my commitment (Maintenance)

Do you remember when you started taking the medicine? You did it for a reason. What was it? Check any that apply and/or add your own.

- I wanted to improve blood sugar.
- I wanted to improve blood pressure and/or protect the kidneys.
- I wanted to improve cholesterol.
- I wanted to prevent blood clots.
- I wanted to help with depression.

Is there anything else that motivates you now? _____



How will I celebrate success? (Action)

Success is meeting your goal. How will you celebrate? _____

Congratulations, you did it!
Keep up the good work.

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Correctly taking your medicine

Stage of change **Action and Maintenance**

4



This pamphlet is for you if you have been taking medication for at least one month (action), or taking medication for six months or more (maintenance).



What medicines do I take? (Action/Maintenance)

List them here or ask someone on your healthcare team to list them for you.

For blood sugar:

For blood pressure and kidneys:

For depression:

For reducing blood clots:

M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20

How am I doing with my goal? (Action)

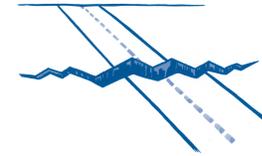
What is the name of the latest medicine you began taking?

How often do you need to take it?

How did you do in the last week?
Put an "x" on the days you remembered to take your medicines.

Mon	Tue	Wed	Thu	Fri	Sat	Sun

Did you miss a day? _____



Looking at relapses (Action/Maintenance)

Think about the last time you did not take your medicine. It is helpful to look at this as a learning experience. Here are some questions to ask yourself.

Where was I? _____

What made it difficult for me to take my medicine? _____

What can I do differently next time?

Who can help me keep on track?

How can that person help me?
