

What is
my next
step?



I'm ready.

I will _____

I'm not ready yet.

I will _____

You have choices
in life. You can
choose health.
Are you ready?

 **La Clínica.**
Preventive Medicine
1515 Fruitvale Avenue
Oakland, CA 94601
www.laclinica.org

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San Francisco, CA 94104
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Joan Thompson, PhD, MPH, RD, CDE
jthompson@laclinica.org

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Thinking some more
about **checking** your
blood sugar

Stage of change

Contemplation



This pamphlet is for you
if you have never checked
your blood sugar and are
willing to think about it.



What are the benefits and risks of not checking my blood sugar?

Before deciding to check blood sugar, you compare the benefits and risks of not checking it. What are the benefits and risks for you?

Benefits

- _____
- _____
- _____

Risks

- _____
- _____
- _____

How many benefits and costs are there?

Benefits of not checking blood sugar: _____

Risks of not checking blood sugar: _____



What are the benefits and costs of checking my blood sugar?

You also weigh the benefits and costs of checking blood sugar. What are the benefits and costs for you?

Benefits

- _____
- _____
- _____

Costs

- _____
- _____
- _____

How many benefits and costs are there?

Benefits of checking blood sugar: _____

Costs of checking blood sugar: _____



Am I ready for change?

Ready

(sum of the two categories below)

Benefits of checking blood sugar: _____

Costs of checking blood sugar: _____

Total: _____

Not ready

(sum of the two categories below)

Benefits of checking blood sugar: _____

Costs of checking blood sugar: _____

Total: _____

Compare the two totals. Which is greater? _____