



## Am I ready for change?

**Ready** (sum of the two categories below)

Benefits of taking medicine: \_\_\_\_\_

Risks of not taking medicine: \_\_\_\_\_

Total: \_\_\_\_\_

**Not ready** (sum of the two categories below)

Benefits of not taking medicine: \_\_\_\_\_

Costs of taking medicine: \_\_\_\_\_

Total: \_\_\_\_\_

Compare the two totals.

Which is greater? \_\_\_\_\_



## What is my next step?

I'm ready.

I will \_\_\_\_\_

I'm not ready yet.

I will \_\_\_\_\_

**Choose what is best for you. Choose health.**



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# Thinking some more about taking medicine

Stage of change

Contemplation

2



This pamphlet is for people who want to think some more about taking a new medicine or injecting insulin.



## How can medicines help?

You may prefer not to take a new pill or insulin. Yet, you know that it can help you. Here are some reasons that people with diabetes take medicine:

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



## What are the benefits and risks of not taking medicine?

Before taking a new medicine, we weigh the benefits and risks of not taking it. What are the benefits (and risks) for you?

Benefits of not taking medicine: \_\_\_\_\_

\_\_\_\_\_

Risks of not taking medicine: \_\_\_\_\_

\_\_\_\_\_

### How many benefits (and risks) are there?

Benefits of not taking medicine: \_\_\_\_\_

Risks of not taking medicine: \_\_\_\_\_



## What are the benefits and costs of taking new medicine?

We also weigh the benefits and costs of taking new medicine. What are the benefits (and costs) for you?

Benefits of taking new medicine: \_\_\_\_\_

\_\_\_\_\_

Costs of taking new medicine: \_\_\_\_\_

\_\_\_\_\_

### How many benefits (and costs) are there?

Benefits of taking medicine: \_\_\_\_\_

Costs of taking medicine: \_\_\_\_\_