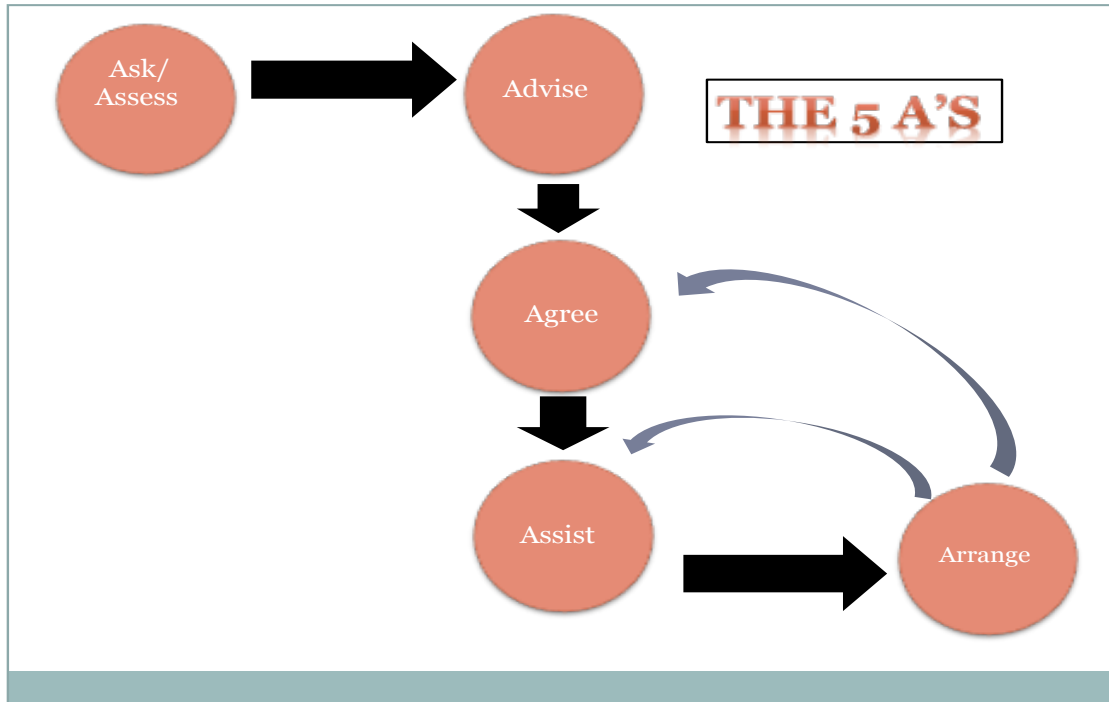




## 5 A's at a Glance



**Ask/Assess:** beliefs, behavior, knowledge

**Advise:** Provide specific information about health risks and benefits of change.

**Agree:** Collaboratively set goals based on patient's interest and their confidence in their ability to change the behavior.

**Assist:** Identify personal barriers, strategies, problem-solving techniques and social/environmental support.

**Arrange:** Specify plan for follow-up (ie: visits, calls, e-mails, mail reminders)

Use the 5 A's to create an **Action Plan** for behavior change.

*Glasgow, et al, 2002; Whitlock, et al, 2002*