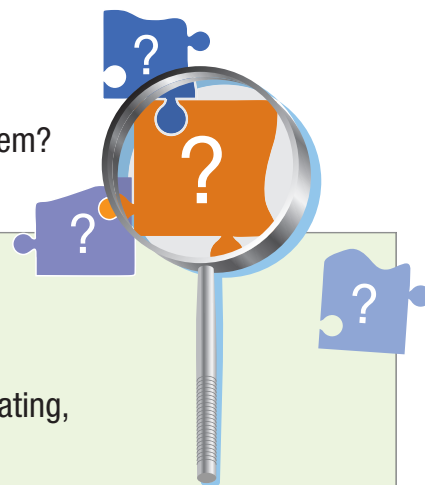


My Action Plan to Solve a Problem

An opportunity to better understand and manage your health

The choices we make can impact the stress of living with a chronic condition and our quality of life. When problems arise we must learn to solve them. In fact, problem solving is the key to successfully managing diabetes. To understand why a problem exists and how to deal with it, consider these steps:

- What is the problem?
- What are you doing that may affect the problem?
- What are your barriers to better self-care?
- What are some possible solutions you could use to try to solve the problem?
- Checking in: How did you do?



Example:

1. A problem you know about: Cholesterol level is too high.

2. Self-care habits that may affect high cholesterol level: Unhealthy eating, and difficulties in taking medications.

3. Barriers:

- Unhealthy eating: fast food meals daily, portion sizes, time pressure, and lack of advance planning.
- Medications: forget to take, not understanding treatment benefits or lack of knowledge about medication.

4. Possible solutions: Create a list of things you could try, for example:

- Pack a bag lunch with healthier food choices in reasonable portions at least 3 days per week.
- Ask your pharmacist, educator or doctor about the benefit of your medication and how it should be taken.
- Use a pill box to help remember daily medications. Set it up for 1 week.
- Keep a medication record for all medications taken.
- Take pills with another routine daily behavior, such as when preparing for bed or after brushing your teeth.

5. Evaluate progress: After a week of trying your plan, check in:

- Did you pack and eat bag lunches made with healthier food choices at least 3 times in the previous week?
- Note your daily medication use. If you were successful, by the end of the first week you would have taken all of your medications. Your pill box would be empty.

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<p>The problem as I see it is: _____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p><i>Examples:</i></p> <ul style="list-style-type: none">• Blood sugar not in control• Frequent low or high blood sugar• Emergency room visits• Diabetes complications• Weight gain
<p>My self-care behaviors that affect the problem: _____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p><i>Examples:</i></p> <ul style="list-style-type: none">• Unhealthy eating• Being inactive• Not taking medications as prescribed• Not monitoring as prescribed• Trouble handling stress
<p>My barriers that keep me from better self-care are:</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p><i>Examples:</i></p> <ul style="list-style-type: none">• Complicated treatment plan• Fear of low blood sugar• Portion size• Time pressure• Lack of support
<p>My possible solutions to the problem are: _____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p><i>Examples:</i></p> <ul style="list-style-type: none">• Learn about diabetes and how to control blood sugar• Ask about ways to make my self-care easier• Find ways to prevent low blood sugar• Ask for help in coping with the stresses of diabetes• Trim portion sizes by 1/3
<p>Evaluate progress: I'll know my plan to solve the problem is working, and the changes I have made helped me better manage my diabetes because: _____</p> <p>_____</p> <p>_____</p>	<p><i>Examples:</i></p> <ul style="list-style-type: none">• Improved blood sugar and A1C level• Able to take all medications as prescribed• Rarely have low blood sugar• Eating smaller portions and usually eating home-prepared foods• Feel like the amount of support I have is about right

It may take a few weeks for these new changes to become routine. If you were successful in a one week trial, stay with the plan. If you were not successful, assess why and seek a different course of action that may work better in the future.

Medicare Part B patients: Call 1-877-231-5199 and mention reference code **ED06500** to order your diabetes testing supplies.
Web site: www.RxSolutions.com/diabetes

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