5A’s-Assess, Advise, Agree, Assist, Arrange

Assess
Risk Factors, Behaviors, Symptoms, Attitudes, Preferences

Arrange
Specify plans for follow-up (visits, phone calls, mail reminders)

Assist
Provide information, teach skills, problem solve barriers to reach goals

Advise
Specific, personalized, options for tx, how sx can be decreased, functioning, quality of life/health improved

Agree
Collaboratively select goals based on patient interest and motivation to change

Personal Action Plan
1. List goals in behavioral terms
2. List strategies to change health behaviors
3. Specify follow-up plan
4. Share plan with practice team