An Example Of How To Use The 5As: Ask, Advise, Agree, Assist, Arrange **ASK** *Is it OK if I add* blood pressure to YES the agenda today? NO **ASK ADVISE** Do you know your Controlling your BP can what your blood lower your risk of heart pressure goal is? attack, heart disease, stroke and kidney disease. NQ⁄ **ADVISE** YES The goal is to be less than 140/90, and your BP is ... **AGREE AGREE** In order to reach your goal, Are you willing to try would you be OK with trying a monthly visits with either new medication and coming to see me in 2 weeks to check and myself or another member NO see how things are going? of the team until your BP is at goal? **ASSIST** We can focus on what is most YES YES important to you right now. Since monthly visits are not possible, right now, what about starting with lifestyle changes **ASSIST** such as reducing your salt in-**ASSIST** take? Here is a brochure with Here is a list of pharmacies You can record your BP tips for reducing salt in your in the neighborhood that readings on this foldable diet. offer the medication at a pamphlet that fits into your reduced cost to patients wallet. You can bring it to with little or no insurance you next visit and we can coverage. track how you are doing. **ARRANGE** Your next visit with me will be ____(one month from today's date). Let's schedule that now!





