

HealthChange[®] Methodology

10 Step Decision Framework



Set the scene & explain your role

- ① Identify, discuss & summarise clinical issues
- ② Identify & discuss all treatment, lifestyle & referral categories
- ③ Prioritise & choose categories to work on in this consultation
- ④ Check RICK & make a decision

Decision Line

Macro view

Ready to take action

Micro view



- ⑤ Generate personalised goal options within categories
- ⑥ Choose & refine option/s ⑦ Discuss an action plan
- ⑧ Identify & address barriers ⑨ Check RICK again
- ⑩ Consider review, referral & support

Build Importance

Build Confidence