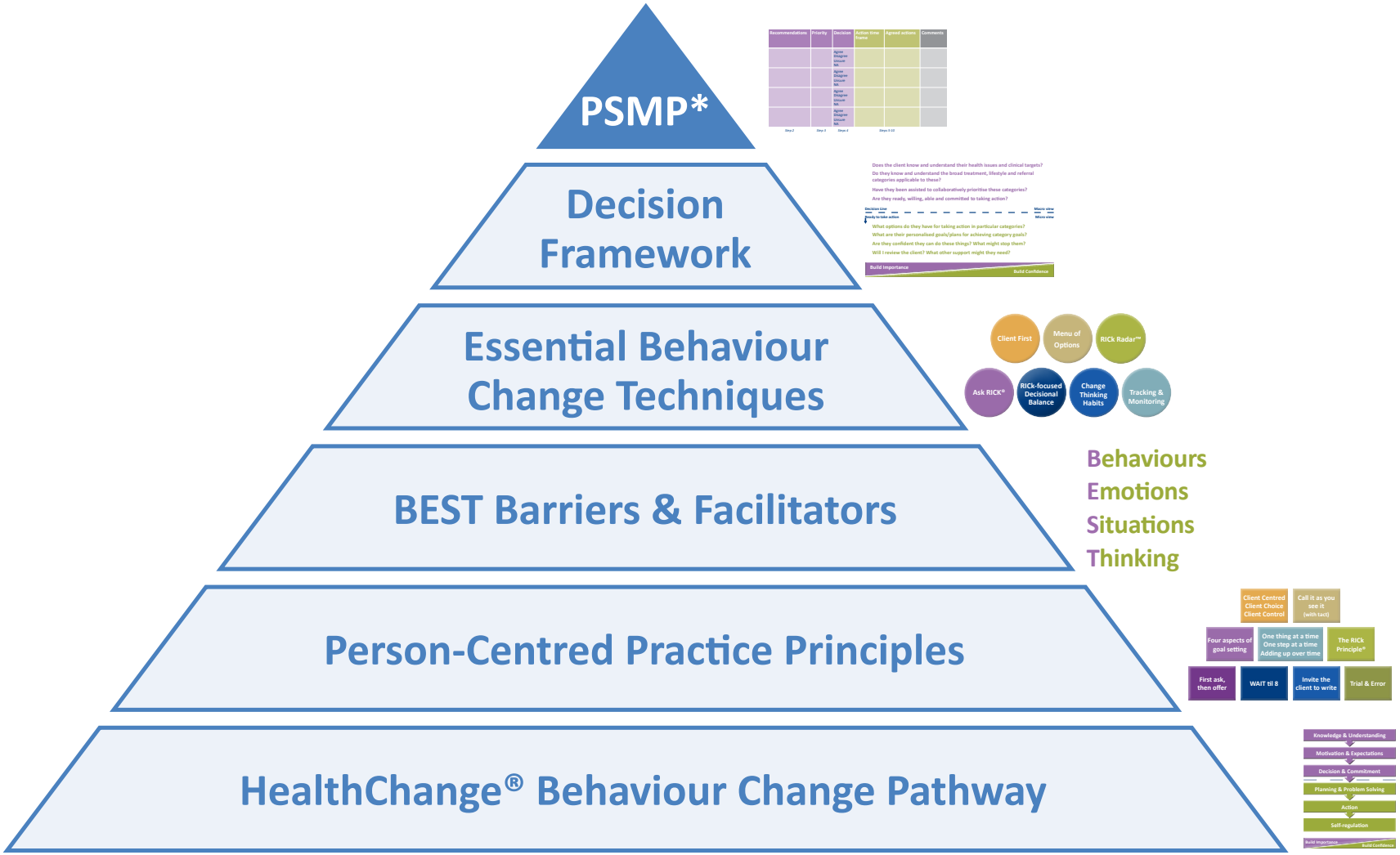
Layers of HealthChange® Methodology: An integrated suite of tools



*PSMP: Personal Self-Management Plan

HEALTHCHANGE Inspired® Behaviour Change Methodology

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