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$oldsymbol{\nabla}$	step?

l'm re	eady.		
I will			

in life. You can choose health. Are you ready?

You have choices



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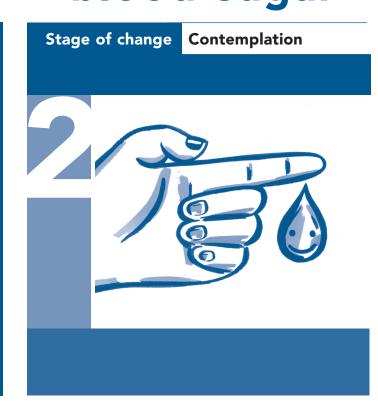
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Thinking some more about checking your blood sugar



This pamphlet is for you if you have never checked your blood sugar and are willing to think about it.



Benefits

What are the benefits and risks of not checking my blood sugar?



for you?

Benefits

What are the benefits and costs of checking my blood sugar?

You also weigh the benefits

and costs of checking blood sugar. What are the benefits and costs



Am I ready for change?

Before deciding to check
blood sugar, you compare the benefits
and risks of not checking it. What are
the benefits and risks for you?
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Risks	Costs
How many benefits and costs are there?	How many benefits and costs are there?
Benefits of not checking blood sugar:	Benefits of checking blood sugar:
Risks of not checking blood sugar:	Costs of checking blood sugar:

Ready (sum of the two categories below)
Benefits of checking blood sugar:
Costs of checking blood sugar:
Total:
Not ready (sum of the two categories below)
Benefits of checking blood sugar:
Costs of checking blood sugar:
Total:
Compare the two totals.

Which is greater?_____