

the Change Process



Making a change most often occurs in stages. As a participant in a UMR disease management program, we encourage you to think about what stage you are in for improving your chronic condition. The change model we use comes from the work of three nationally acclaimed psychologists, headed by Dr. James Prochaska. It is used worldwide with success in a variety of situations such as substance abuse, mental health treatment, tobacco cessation and weight management.

There are six stages of change in this change model. The first step is to determine what stage you are currently in. Keep in mind, you may go back and forth between stages, or cycle through the stages several times, before a change becomes permanent. At UMR, we view your movement from one stage to the next as success.

For maximum success in our program, we encourage you to reach out and accept the invitation to work with one of our health care professionals when you are preparing

for or ready to make a change. Our nurses and health coaches are trained to give you the right ideas and support at the right time.

If you are interested in learning more about this change model, we recommend you read Dr. Prochaska's book, *Changing for Good*. It is easy to read and provides real-life examples of people who have successfully changed a variety of behaviors.



Precontemplation "Not Ready" stage

You haven't given much thought to making a change at this point

Contemplation "Plan to Change Within Six Months" stage

You're thinking about, and convincing yourself, that change needs to take place.

Preparation "Making a Plan" stage

You are making a change in the next 30 days (setting the date, enlisting help from others, etc.)

Action "Here I Go" stage

You're trying new behaviors and learning new things.

Maintenance "Sticking to It and Avoiding Relapse" stage

You're practicing the new behaviors and struggling to prevent relapse.

Termination "Success" stage

You're comfortable and confident with the new behavior as a permanent way of life.