Stage 1: Baseline risk factor assessment and measurement

Stage 2: Patient-centered discussion, selection of modules, goal-setting and interventions

Stage 3: Telephone follow-up calls

Stage 4: 3 month risk factor assessment, Additional telephone follow-up calls for CHOICEplus, 12 month risk factor assessment, 36 month risk factor assessment

Health professional role:
- Develop local modules and leaflets
- Select and set goal for core module cholesterol-lowering
- Participate in chosen interventions

Patient role:
- Choice of modules and set goals for BP-lowering, Smoking cessation, Physical activity, Nutrition
- Choice of management options: Physician-directed Hospital program, Individual program, Self-help