Appendix 1: Prototypic decision aid (Point of care worksheet, with sample information booklet pages and interactive wheel chart) (page 1/2)

A worksheet to help you pick diabetes goals that are important to you

- Diabetes can be a complicated disease that can keep you and your loved ones busy.
- This worksheet, and the information booklet that comes with it, can help you and your health care team pick goals that are important to you and strategies to help you get there.
- With time, your priorities can change, so you can come back to this worksheet again and again.

First, a little bit about you...

- How beneficial treatments are to you depends on your health. Please fill in the next 3 sentences about yourself:
  1. I am ______ years old.
  2. I have had diabetes for ______ years.
  3. I have ______ risk factors (circle one) had a heart attack, stroke or blood vessel narrowing.

What goals are important to you?

- Which general health goals are important to you? (check all that apply)
  - Live a long life
  - Maintain good function
  - Prevent or decrease symptoms

- If you have checked more than 1, try to think of which is the most important to you and circle this one.

What goals are important to you?

- What diabetes health goals are important to you? (check all that apply)
  - Prevent heart disease
  - Prevent stroke
  - Prevent foot ulcers & amputation
  - Prevent blindness
  - Prevent kidney disease
  - Prevent nerve damage

- If you have checked more than 1, try to think of which is the most important to you and circle this one.

There are many things that you can do to reach these goals:

- Connect with your health care team
- Get blood and urine tests
- Stop smoking
- Control your blood sugars
- Lower your blood pressure
- Lower your cholesterol
- Take ASA
- Check your feet

The strategy that you pick can achieve more than one goal

- For example, choosing to lower your blood pressure may help you
  - Live a long life
  - Maintain your activities
  - Prevent heart disease
  - Prevent stroke
  - Prevent blindness
  - Prevent kidney failure

And here's how diet, exercise, weight loss and taking medications can help with your goals:

<table>
<thead>
<tr>
<th>Goal</th>
<th>Lower blood pressure</th>
<th>Lower cholesterol</th>
<th>Lower blood glucose</th>
<th>Lose weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diet</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Exercise</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Take medications</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Lose weight</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
</tbody>
</table>

Which of the following goals are most important to you today? (check all that apply)

- Live a long life
- Maintain good function
- Prevent or decrease symptoms
- Prevent heart disease
- Prevent stroke
- Prevent foot ulcers & amputation
- Prevent blindness
- Prevent kidney disease
- Prevent nerve damage
- None

What strategies do you want to do now?

Based on your goals, and balancing the benefits and downsides described in the booklet, what strategy do you want to do now?

- Connect with your health care team
- Get blood and urine tests
- Stop smoking
- Control your blood sugars
- Lower your blood pressure
- Lower your cholesterol
- Take ASA
- Check your feet

Now you’re ready to set your goals

<table>
<thead>
<tr>
<th>My goal</th>
<th>Where I am now</th>
<th>Where I want to be</th>
<th>What I’m doing now</th>
<th>What I’ll do</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prevent stroke</td>
<td>195/112</td>
<td>Lower my SBP below 130 &lt; 80</td>
<td>Take ASA daily</td>
<td>Stop smoking</td>
</tr>
<tr>
<td>Lower my blood pressure</td>
<td>50/70</td>
<td>100/60</td>
<td>Take ASA daily</td>
<td>Stop smoking</td>
</tr>
</tbody>
</table>

What strategies are you going to use?

<table>
<thead>
<tr>
<th>In ___ month(s)</th>
<th>How I’m going to reach my goal</th>
<th>What I’m doing now</th>
<th>What I’ll do</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prevent stroke</td>
<td>Take ASA daily</td>
<td>Stop smoking</td>
<td>Stop smoking</td>
</tr>
<tr>
<td>Lower my blood pressure</td>
<td>Take ASA daily</td>
<td>Stop smoking</td>
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</tbody>
</table>
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