

HCA Model of Health Change™

10 Step Decision Framework



Set the Scene & Explain Your Role

① Identify Clinical Issues & Broad Lifestyle & Treatment Categories

② Prioritize & Choose a Category to Work On

③ Ask RICK® ④ Make a Decision

Decision Line

Macro View

Ready to Take Action

Micro View



⑤ Generate Personal Goal Options

⑥ Choose & Refine an Option ⑦ Create an Action Plan

⑧ Identify & Address Barriers ⑨ Ask RICK

⑩ Consider Review & Referral

Readiness

Build Motivation

Build Confidence