



Decisions

Think about the lifestyle or medication options you want to consider. Yarn with your health professional about which ones might be best for you right now.

How are you feeling about these options?



Quit smoking



What questions do you have?

Are you ready to make a decision or do you need to **take a break?**

See your GP if you have questions or concerns about your Heart Health

This tool uses the “Finding Your Way” model of shared decision making to guide conversations about cardiovascular disease prevention. It was codesigned with input from Aboriginal And Torres Strait Islander Health Workers/Practitioners and community members. See the “Finding Your Way” guide here: www.aci.health.nsw.gov.au/shared-decision-making

This resource was developed by the CHAT-GP team at The University of Sydney and the Enhancing Chronic Disease Care Team at The Australian National University.

For any questions, feedback or further information on this resource, please contact carissa.bonner@sydney.edu.au or ecdc@anu.edu.au