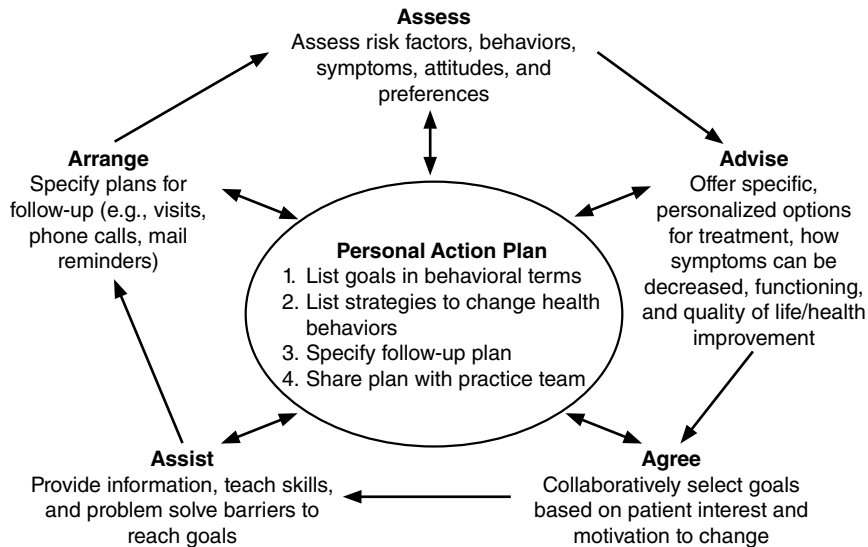


**FIGURE I.1. The 5As Model of Behavior Change in Primary Care**



Note. Adapted from "Self-Management Aspects of the Improving Chronic Illness Care Breakthrough Series: Implementation With Diabetes and Heart Failure Teams," by R. E. Glasgow, M. M. Funnell, A. E. Bonomi, C. Davis, V. Beckham, and E. H. Wagner, 2002, *Annals of Behavioral Medicine*, 24(2), p. 83 ([https://doi.org/10.1207/S15324796ABM2402\\_04](https://doi.org/10.1207/S15324796ABM2402_04)). Copyright 2002 by Oxford University Press. Adapted with permission.