

After visiting with your doctor, how are you planning to lower your chances of heart disease?

Take aspirin, blood pressure medicine, cholesterol medicine

Stop smoking

Other (e.g. diet, exercise, other, nothing)

How concerned are you that the following might get in the way?

Why did you decide against (aspirin/blood pressure medicine/ cholesterol medicine/ stopping smoking)?

1. Cost*
2. Side effects from medicine
3. Remembering to take medicines†
4. Difficulty with access to provider for questions

1. Cost*
2. Side effects from medicine‡
3. Behavioral challenges
 - a. Withdrawal symptoms
 - b. Situations where others smoke
 - c. Remembering to take medicine
4. Difficulty with access to quit smoking resources

1. Don't think CHD chances are high enough
2. Provider and I disagree
3. Need time to decide
4. Don't like taking medicine
5. No option meets my needs
6. Not enough support
7. Reduce enjoyment of life
8. Other things to take care of first

Three tailored messages generated in order of chosen barriers listed above§