

# WITH 3 QUESTIONS FROM THE 3 MINUTES EMPOWERMENT TECHNIQUE

Reinforce Patient Conviction & Confidence  
for better Disease Management



What do you think about the idea of **improving your heart health**?



If you decided to **improve your lifestyle (healthy life, diet, exercise)**, how would this benefit you?



If you decided to **adhere to my recommendations**, do you think you could do it?

Dr. Jacques Bédard, MD, CSPQ, FRCP (C) A specialist & full professor of Internal Medicine at Sherbrooke University, Québec; Dr. Jacques Bédard is the creator of the transformative "3 Minute Empowerment" program. Ref. J Med Internet Res. 2016 Aug; 18(8): e224. Published online 2016 Aug 18. doi: 10.2196/jmir.6298

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# THE PROCHASKA TECHNIQUE



## References:

- 1) Prochaska JO1, Velicer WF. The transtheoretical model of health behavior change. Am J Health Promot. 1997 Sep-Oct;12(1):38-48.
- 2) Marshall SJI, Biddle SJ. The transtheoretical model of behavior change: a meta-analysis of applications to physical activity and exercise. Ann Behav Med. 2001 Fall;23(4):229-46.

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