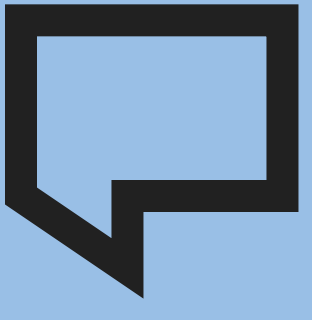




Partner With Your Doctor: A Prep Guide

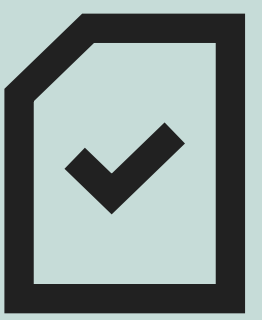
Be prepared with questions that may make your next conversation with your doctor more productive.



Start
the weight management
conversation



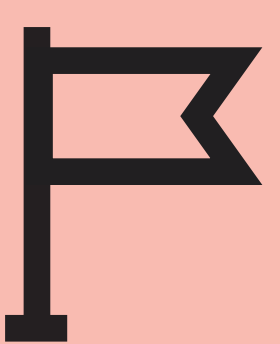
Track
history & health



Access
clear information
about options



Set
goals together



**Your next
steps**



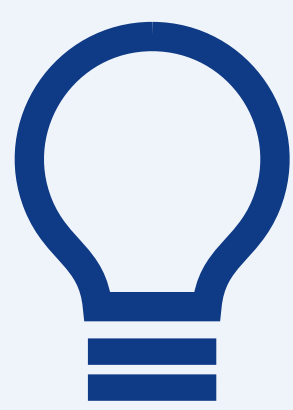
Start the weight management conversation

At your next doctor's visit, bring questions that may help you have an open, meaningful conversation about your weight and health. You don't have to wait for your doctor to bring it up—framing the discussion around the bigger picture of your health and how your weight fits into it can be a good place to start.^{1,2}

You could ask something like:

"What happens if obesity is left untreated? What are the potential long-term consequences for someone like me?"³⁻⁶

“How could changes in my BMI over time affect my overall health, and what kinds of support or strategies might help me manage my health better?”^{1,2,4,7}



You can even mention you'd like to discuss health management and obesity when scheduling your appointment, so they're ready to talk.



Track history & health

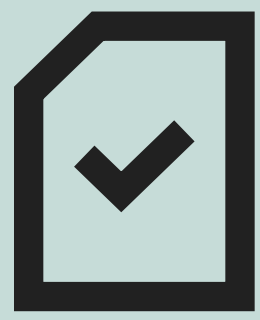
Your doctor can help assess how excess weight and health conditions may be connected. Share all of your medical conditions—personal or family-related—even if you're unsure they're related to obesity. These details matter, as obesity is associated with more than 200 health complications.^{3,4,7-9}

Consider asking your doctor:

“How does having excess weight affect my risk for other health conditions like diabetes and sleep apnea?”^{3,4,8}

It can be helpful to share what you've already tried and how it worked for you. You may consider asking:

“I've tried [X, Y, Z], but they haven't worked for me long term. What other approaches could we consider together?”^{4,10,11}



Access clear information about options

Ask your doctor about the facts when it comes to your weight and health management.

Consider asking your doctor:

"I'd like to talk about approaches that could support my long-term health. What options are available for me?"^{4,11}

Check out this questionnaire for in-depth questions about your health and history to discuss with your doctor.

Start questionnaire [!\[\]\(5a132f13505a6571904d622757b7a8f0_img.jpg\)](#)



Set goals together

This isn't about a quick fix, but long-term goals with milestones met along the way. Work with your doctor to create a plan tailored to your needs.⁸

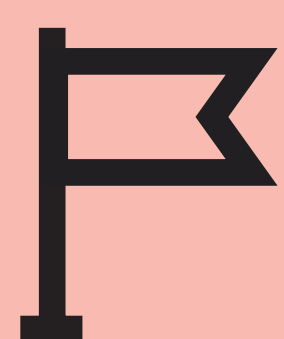
You can ask:

"What is the primary goal of this treatment plan?"^{1,8,11}

"How will we monitor my progress, and how often should I follow up with you?"¹¹

"If I'm feeling stuck or not seeing results, are there ways to reassess or refocus the plan?"^{4,10-12}

"Are there ways to measure how this plan is supporting my broader health goals, beyond just weight?"^{2,8,10}



Your next steps

If your current treatment plan isn't working, it's ok to ask to try something different. You can request follow-up appointments, referrals, or extra help to stay on track.^{4,11}

If you feel dismissed or discouraged—especially if the advice is limited to “eat less and move more”—you might respond with:

“I’ve been working on this for a long time, and I’d appreciate a deeper look at what might be affecting my progress.”^{4,9,12,13}

If you would like to try something different from your current treatment plan, you could ask:

“What are some other lifestyle changes and actionable steps I can take today to help me reach my goals?”^{2,4,14}



You don't have to do this alone

Find a healthcare professional you feel comfortable with and a setting that works best for you. For support beyond the doctor's office, advocacy groups for people living with obesity offer resources, community, and encouragement.^{10,14}

Schedule your appointment today and start a productive conversation with your doctor.

Find a doctor 

If you haven't already, take this short questionnaire to help you feel more prepared and confident going into your appointment.

Start here 

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