



# Let's change how we talk about **obesity**.

When you take steps to create your treatment plan with your health care provider (HCP), you are improving your total health, including your overall physical and emotional wellbeing.

Your HCP will be your partner in helping throughout your weight-wellness journey.

**Take the first step today and talk to your HCP.**

For more information and resources on obesity, visit [diabetes.org/Obesity](https://diabetes.org/Obesity).

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**Here are a few suggestions for talking with your HCP at your next visit:**

## **Ask for an obesity-focused visit:**

- Ask about the following weight measurements, including what they are and what your goals should be:
  - Body weight
  - Body mass index (BMI)
  - Body composition
  - Waist circumference
  - Waist-to-hip and/or waist-to-height ratio
- Are there other factors like health conditions or medications I take that affect my weight?
- What health problems does my weight put me at risk for?

## **Talk about your treatment plan, including:**

- What is important to you about your health and your body weight
- Realistic weight-loss goals
- An eating plan and referral to a dietitian
- Risks and benefits of:
  - Medications
  - Surgical options
- Physical activity—include what you can and can't do
- Weight-loss support groups or tools to help

## **You can also ask:**

- What can I do to feel better on my weight-loss journey? And what can I do to feel better that doesn't involve weight-loss? (Such as spending time with loved ones, meditating, or making your daily routine easier.)
- How can I manage my emotional wellbeing? Would it help to see a mental health specialist?
- Are there resources in our community to help me reach a healthy weight?

## **Who on my care team can I reach out to with questions about:**

- Side effects of medications or surgery (before and after)
- Insurance coverage
- If my medication isn't available



Use this space to write down the answers and notes from your conversation with your HCP.

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