


WEIGHT MANAGEMENT: STARTING THE CONVERSATION WITH YOUR HEALTHCARE PROVIDER



Discussing your weight with your healthcare provider should be a team effort. The relationship you have with your healthcare provider is very important. Asking questions and being proactive during your first appointment is the best way to understand your weight and improve your health. Your provider will also have questions for you, so it is important to give them as much information as possible to allow for the best health assessment.




Sample Questions for You to Ask Your Healthcare Provider

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- What is my Body Mass Index (BMI)? What does my BMI measurement mean?
 - What is a healthy weight for someone of my gender and height?
 - What conditions am I at risk for because of my weight?
 - How do I start getting control of my weight?



Questions Your Healthcare Provider May Ask You:

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- When did you last have blood work done?
 - What medications do you currently take?
 - What conditions have you been diagnosed with in the past?
 - Do other members of your family have issues with weight or weight-related conditions?
 - What is the main reason you want to take control of your weight?
 - What types of weight management options have you used in the past?



Tips for Beginning your Journey to Improved Health



Health and Well-Being: These two go hand-in-hand, so it is no surprise that factors that affect your weight can impact your health and well-being. Eating healthy foods and getting physical activity are important steps when working to manage your weight.



Keep a Food Journal: Writing down what you eat and drink along with how much you ate, when you ate it and why you ate it is very helpful. It will help you track your total calories for the day as well as help you manage portion size and understand why you eat.



Set SMART Goals: SMART stands for Specific, Measurable, Attainable or Action-based behaviors, Realistic and Timely. Combining a physical activity plan with your nutritional plan is key in reaching your weight-loss goals.

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To learn more about how your weight impacts your health, please visit **YourWeightMatters.org** and prepare for your conversation today!