

# Preparing to Talk With Your Health Care Provider

Your health care provider is your partner in treatment. You have the power to make your partnership even stronger.

When you're working with your health care provider on a weight management plan, open up about what you want and how you feel. Ask about your options and how they may affect you. Finally, discuss your next steps and work together on a plan to move forward.

**Remember, you are your own best advocate.**



## Have your notes in hand

Print this sheet, write what you want to say, and take it with you to your next appointment!



## How to communicate clearly with your health care provider

It isn't always easy to bring up weight management with your health care provider. Here are a few simple steps that may help you open up about your goals and needs.

Even if weight management isn't the main reason for visiting your health care provider, try using this approach to bring up the topic.

### Write what you want to say in your own words:

#### 1. Tell them about your previous experience with weight management.

*Ex: I've tried losing weight many times but I've only gained it back.*



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#### 2. Share how you feel about it.

*Ex: I feel frustrated that I haven't lost more weight on my own.*



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#### 3. Clearly state what you want.

*Ex: I'd like to talk about possible treatment options.*



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#### 4. Explain why it's important to you.

*Ex: I think a medication that controls my appetite could help me with my eating habits.*



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## Tips to keep the conversation on track



**Bring up topics you want to discuss first.** Your health care provider has a busy schedule, so use your time wisely.



**Keep the conversation balanced.** You can express how you feel while staying calm. If it helps, take a breath or two.



**Speak with confidence.** You are the expert on your own experience. It's important for you to communicate your needs.



**Leave room to negotiate.** If you don't get exactly what you want, try to find a compromise between your request and your provider's recommendations.



## Getting the information you need

Before you see your health care provider, make a short list of topics to discuss. You can make notes on this sheet or your mobile device.

For example, you may want to ask:

- ❓ **What types of treatment may be right for me?**
- ❓ **What are common side effects of weight-loss medications?**
- ❓ **Does my insurance cover weight-loss medications?**

**Write any other questions you have in this space:**



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