

Talking to Your Doctor About Obesity Medical Treatments

If you think medications to treat obesity might help you, here are some tips for discussing it with your doctor:

Start the conversation. You can ask:

- "I've been thinking about my weight and health. Are there FDA-approved medications that could help me?"
- "Could we discuss if weight-management medication might be right for me?"

Share your health history.

Mention any weight-related health conditions you have, like high blood pressure, type 2 diabetes, sleep apnea, fatty liver, or joint pain.

Ask about your options. Questions to consider:

- "Which medication(s) will work best for my health needs?"
- "What results can I expect?"
- "What are the possible side effects?"
- "How long would I need to take this medication?"
- "What are safe practices I should be aware of when taking this medication?"

Discuss insurance coverage. Ask:

- "Is this medication covered by my health insurance?"
- "Are there lower cost options of this medication?"

Make a plan together.

If you start medical therapy, ask your doctor:

- "How will we track progress?"
- "When should we follow up?"
- "Can you provide nutrition recommendations that will maximize the health benefits of this treatment?"
- "What happens if I stop treatment for a period of time?"
- "How can I contact you if I have side effects or concerns about my treatment?"
- "Can you point me to resources that will help me learn about healthy lifestyle practices?"

For more information and resources on obesity, visit:

obesityassociation.org





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

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