Your weight management conversation starter

Prepare for a productive conversation with your doctor about your weight, health goals and management options. This guide helps you note your thoughts, giving you and your doctor a strong starting point for your weight management journey.

BEFORE YOUR APPOINTMENT:

Reflect and prepare

Please complete the following sections before your appointment to help you and your doctor have a more focused conversation. Your answers will help you both understand why you want to manage your weight, and why this journey is important to you.

YOUR PERSONAL MOTIVATIONS

1 Why is managing your weight important to you? *Tick all that apply.*

- ☐ I want to improve my overall health and well-being
- ☐ I want to increase my energy levels and physical activity
- ☐ I want to reduce the risk of a weight-related health condition (e.g., diabetes, heart disease)
- ☐ I want to improve my self-esteem and body image
- ☐ Other

→ *If you answered other or have any further thoughts, please use the space below:*

Type your answer here...

YOUR WEIGHT MANAGEMENT HISTORY

2 How long have you been concerned about your weight?

- ☐ Less than 6 months
- ☐ 6 months to 1 year
- ☐ 1 to 5 years
- ☐ More than 5 years

3 What weight management strategies have you tried in the past? *Tick all that apply.*

- ☐ Dietary changes
- ☐ Increased physical activity
- ☐ Over-the-counter weight loss supplements (e.g., herbal remedies, appetite suppressants)
- ☐ Weight loss medications prescribed by a doctor
- ☐ Formal weight loss programs
- ☐ Bariatric surgery
- ☐ I haven't tried any weight management strategies
- ☐ Other

→ *If you answered other, please briefly describe the strategies you have tried:*

Type your answer here...

4 If you've lost weight in the past, have you regained it?

- ☐ Yes
- ☐ No
- ☐ This is my first weight loss attempt

→ *If you answered yes, what do you think contributed to the weight regain? Check all that apply.*

- ☐ I found it difficult to stick to my diet and exercise routine
- ☐ I continued to feel hungry and had strong cravings for certain foods
- ☐ I ate more when I felt stressed or sad
- ☐ I didn't have enough support from family, friends or a support program
- ☐ I had a health condition or was on a medication that made it harder to lose weight
- ☐ Other

→ *If you answered other, please briefly describe the reasons:*

Type your answer here...

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YOUR HEALTH AND WEIGHT

5 Do you have any of the following health conditions? *Tick all that apply.*

- ☐ High blood pressure
- ☐ High cholesterol
- ☐ High blood sugar (pre-diabetes or type 2 diabetes)
- ☐ Heart disease
- ☐ Interrupted breathing during sleep (sleep apnoea)
- ☐ Joint pain or arthritis
- ☐ Liver issues (e.g., fatty liver disease)
- ☐ Polycystic ovary syndrome (PCOS)
- ☐ I do not have any other health condition
- ☐ Other

→ *If you answered other, please briefly describe any other health conditions:*

Type your answer here...

6 Are you currently on any medications that your healthcare professional needs to know about?

- ☐ Yes
- ☐ No

→ *If you answered yes, please list your current medications:*

Type your answer here...

7 How does your weight impact your daily life? *Tick all that apply.*

- ☐ I have difficulty with daily activities, such as walking or bending down to put shoes on
- ☐ I often feel tired and lacking in energy
- ☐ I avoid social situations due to concerns about my weight
- ☐ My mood is down, I feel self-conscious and unhappy with my body
- ☐ I have difficulty finding clothes that fit me
- ☐ My weight does not impact my daily life
- ☐ Other

→ *If you answered other, please briefly describe the ways your weight impacts your life:*

Type your answer here...

YOUR KEY MEASUREMENTS

If you know your body mass index and waist-to-height ratio, please add it here:

→ My body mass index:

My BMI

→ My waist-to-height ratio:

Waist-to-height ratio

If you don't know your measurements, scan the QR code to calculate it.

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DURING YOUR APPOINTMENT:

Key questions to discuss

Use these questions as a starting point for your conversation with your doctor.

UNDERSTANDING YOUR OPTIONS

- What are all the available weight management options for me, considering my health history and goals (e.g., lifestyle changes, medication, surgery)?
- What are the pros and cons of each option?
- How often will I need to follow up with you?
- How do these options work and what results can I realistically expect?
- What kind of ongoing support will I receive?
- How will I maintain weight loss in the long-term?

→ *Feel free to add your own questions below:*

Type your answer here...