

*Talking to my*

**healthcare provider**

**about weight**

If you are worried about talking to your healthcare provider about weight, this resource is here to **help you prepare**. You may want to print this off or have a copy open on your phone ready for your appointment.

## Preparing for an appointment



### Learn the truth about weight

Knowledge is power! Learning how weight affects your body can help you feel more confident in managing it. The 'Truth about weight' website, along with other resources such as the NHS website, offers information that you can read and refer back to.



### Write down your concerns or questions

This can help you plan ahead and get the most out of your appointment with your healthcare provider. You can use the space on the next page to write down your notes.



### Bring a family member or friend

If you feel comfortable, you may want to ask someone you trust to come with you to your appointment. This could be a family member, partner or friend. It is also okay for you to go alone – your healthcare provider will guide you through the appointment.

## Top tips to talk with confidence

It can be hard to talk about weight, even with a healthcare provider. But remember, they are there to support you on your weight management journey – every step of the way. Starting a conversation can open the door to finding a **plan that works for you**.

**Practice makes perfect** – before visiting your healthcare provider, why not try writing down the three most important things you want to talk about, then practise saying them out loud? You can do it by yourself or with someone you trust.



**Know your boundaries** – remember that you can refuse to share any answers or discuss anything that you do not feel comfortable with. Like everyone, you deserve to feel safe, respected and supported when talking about your health.



**Be open and honest** – talking openly and honestly about your worries can help your healthcare provider better understand what you are struggling with. Together, you can find what works for you.



## 10 questions to ask:

1. What could be causing my weight gain?
2. How is my weight affecting my health right now? Could it be putting me at risk of any other health conditions in the future?
3. What are the potential health benefits of losing weight?
4. Can you tell me how you usually develop a weight management plan?
5. What weight management plans can you recommend for me and why?
6. How much weight should I aim to lose?
7. How long could it take me to lose weight and achieve my goals?
8. What happens if my weight management plan does not work?
9. I have been trying to lose weight but struggling. Can you tell me why this happens and what can be done about it?
10. Do you have any resources that can support me on my weight management journey?

Asking your healthcare provider these questions can help  
**you take the next step forward in managing your weight.**

You can use the space below to write down any important information or questions that you may have.

---

---

---

---

---

---

---

---

---

---

This material has been produced and funded by Novo Nordisk.  
This material is the intellectual property of Novo Nordisk and should not be placed on third-party websites. Novo Nordisk has a responsibility for ensuring that all its materials reflect the most current information. This material is produced and funded by Novo Nordisk Limited, with registered offices at 3 City Place, Beehive Ring Road, Gatwick, West Sussex, RH6 0PA.