

Questions to Ask About Weight and **Weight Management**

Talking to a healthcare provider about weight can be difficult, so it might help to have questions ready before an appointment. Here are some examples of questions across several topics that may be useful to consider.



Questions About Weight and Weight Management

- Do I need to lose weight?
- What is a healthy weight goal for me?
- Do I have any medical conditions/take any medications that are affecting my weight or might interfere with my ability to lose weight?
- What lifestyle factors might be contributing to my weight?
- What options are available to help me manage my weight?
- Should I see any other healthcare providers who can help me manage my weight?
- How often should I have appointments for weight management?

Questions About the Effect of Weight on Health

- Do I have any weight-related medical conditions?
- How could my weight increase my risk of future medical conditions?
- How can weight management help improve my health?
- How much weight do I need to lose to improve my health now and in the future?

Questions About Diet and Exercise

- What changes should I make to my diet and eating habits?
- Do you recommend a specific diet/exercise plan?
- Is there a goal I should be setting for the calories I eat each day?
- What kind and how much exercise should I be doing?
- Do you have resources or referrals to help me improve my diet?

Questions About Behavioral Changes

- Are there good ways to monitor my food and exercise? Are there any apps you might recommend?
- Do you have any resources that can help me learn about healthy eating, exercise, stress management, etc?
- Should I see a behavioral therapist who can help me change my eating behaviors?
- Can you recommend any support groups for people with obesity?

Questions About Medications

- Is medication an option for me? If so, which one?
- What are the pros and cons of different medications?
- How are different medications taken, and how often?
- Are there side effects I should expect? How should I deal with them?
- How effective are medications for weight management?
- Will medication improve weight-related medical conditions?
- How long will I have to be on medication? What will happen if I stop taking it?
- Does my health insurance cover the medication?

Questions About Surgery

- Should I consider surgery?
- What are the pros and cons of the different types of procedures?
- How effective are the different procedures? Is one better than the others?
- What are the potential immediate and long-term complications of the procedures?
- Will surgery improve weight-related medical conditions?
- If I have surgery, how likely is it that I will regain weight that I lose?
- Are there foods I will no longer be able to eat after surgery?
- Does my health insurance cover the procedure?