

How to talk with your doctor



Addressing obesity is a significant decision, and it's important to understand all your options before moving forward.

Prepare for the conversation

Before speaking with your doctor, it's important to have a clear picture of your current health status. Document key measurements such as your **Body Mass Index (BMI)**, and **Waist-to-Hip Ratio (WHR)** beforehand, or ask your doctor to calculate this for you during your appointment.

Body Mass Index (BMI)

Add your BMI below

Waist-to-Hip Ratio (WHR)

Add your WHR below

Questions for your doctor

- ☐ What is a realistic weight loss goal for me?
- ☐ What is the most effective way for me to lose weight?
- ☐ How long will it take me to reach a healthy weight?
- ☐ How often should I check in to make sure I'm progressing with losing weight?
- ☐ Am I at risk of developing any health conditions due to my current weight?
- ☐ What type of exercise do you recommend for my body type?
- ☐ What type of food should I be eating more or less of?
- ☐ Do I have any medical conditions or lifestyle factors that may contribute to my weight or interfere with my ability to lose weight?
- ☐ What sustainable treatment options are available to me?
- ☐ Do I need to see a specialist?

This material is intended to be educational and is not a diagnostic tool. It is not intended to replace the information provided to you by your healthcare provider and does not constitute medical advice. The information may not be directly applicable for your individual clinical circumstance.

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