

Explore the path of **weight management**

Are you ready to take the next step, but not sure where to begin?

Partner with a healthcare professional to create a weight-management plan that works for you. Use this guide to help you navigate your own weight loss journey.



My path to weight management

Getting started

Losing weight can be challenging, and discussing it with your healthcare professional might feel difficult. At your next visit, consider sharing what matters most to you. Talk about the changes you’re hoping to make and any concerns you have about your weight and health. Write your thoughts below and share them with your healthcare professional.

Your history (past weight-loss efforts):

Any concerns (how you feel your weight impacts your health):

Your starting point

My weight	<div></div>
My height	<div></div>
How much weight I would like to lose to help me reach my goals?	<div></div>

Learning the facts

At your first visit, your healthcare professional will gather details about your medical history, lifestyle, and any other medical conditions. This can help your healthcare team develop a weight-management plan, set realistic goals, and determine an appropriate weight-management plan to support you.

During the visit, your healthcare professional may assess:

History	An assessment of your health history.
Physical exam	A thorough physical examination, including measuring your height, weight, blood pressure, and other vital signs, such as: <ul style="list-style-type: none">• Body mass index (BMI) calculated using your weight and height• Waist circumference (a measure around your abdomen)
Lab work	Blood tests to check things like cholesterol level and average blood glucose (<i>sugar</i>).
Behavioral health	Screen for possible depression, anxiety, or eating disorder.

Understanding the diagnosis

Obesity is a chronic, but treatable, disease. It's typically diagnosed when BMI is 30 kg/m² or higher. But this diagnosis is not only about BMI. It includes the impact extra weight can have on your health, including risks for heart disease and type 2 diabetes.

Keep track of your health

BMI	
Waist circumference	
Blood pressure	
Health conditions	
Medicines	

Setting goals and creating a plan

You and your health care professional will work together to create a plan that's right for you to help you manage your weight. At the beginning of your weight-loss journey, try setting a modest goal. Aiming to lose 5% to 10% of your current weight over six months, might be a great first step.

Initial weight-loss goal:



What might be part of your treatment plan to help you reach your goals:

- ☒ Healthy eating and smaller portions
- ☒ Physical activity
- ☒ Weight-management medicines
- ☒ Surgical procedures for appropriate individuals

Track your journey

Keeping a journal can help you track your progress. It may also help you to see what is working or challenging you along the way.





Weight maintenance and support

Losing weight is only part of the journey—keeping it off is just as important. Working with a healthcare team as part of your support network may help the weight you lose from coming back.

Build your support team for long-term weight management:

- ✓ **Healthcare professional** who specializes in weight management and obesity care.
- ✓ **Registered dietitian or nutritionist** to help you develop an eating plan that meets your needs.
- ✓ **Mental health professional or therapist** to help explore emotional factors and identify ways to adopt positive habits.
- ✓ **Family and friends** to encourage and motivate you, or an online group where you can connect with people who have similar goals.