

First Appointment Conversation Starter

What this is: A prep sheet for your first conversation with your doctor about GLP-1 medications · Fill this out beforehand so you walk in organized and confident

Before Your Appointment

GATHER YOUR INFORMATION

- Complete list of current medications (including supplements and OTC)
- Medical history — especially conditions related to weight, thyroid, GI, or mental health
- Family medical history — thyroid cancer, metabolic disorders, cardiovascular disease
- Any recent lab results from other providers
- Insurance card — check ahead if your plan covers GLP-1 medications for weight management

YOUR WEIGHT HISTORY

- List what you've tried: diets, exercise programs, other medications, coaching
- Approximate dates and how long you sustained each approach
- What worked temporarily and why it didn't last

YOUR #1 HEALTH CONCERN

What health issue is your main reason for exploring this? (Blood pressure, blood sugar, joint pain, energy, sleep, etc.)

WAYS TO START THE CONVERSATION

"I've been reading about GLP-1 medications and wondering if they might be appropriate for my situation."

"I've struggled with my weight for years despite trying several approaches. I'd like to explore all my treatment options, including medication."

"My weight is affecting my [health concern]. Can we talk about what options might help?"

Questions to Ask Your Doctor

ABOUT THE MEDICATION

- 1 Which GLP-1 medication would you recommend for me, and why?
- 2 How does the dosing work — do I start low and increase over time?
- 3 What kind of results can I realistically expect?

ABOUT SIDE EFFECTS & SAFETY

- 4 What are the most common side effects, and how do I manage them?
- 5 What side effects should prompt me to call your office?
- 6 Will this interact with any of my current medications?

ABOUT COST & ACCESS

- 7 Will my insurance cover this? Can your office help with prior authorization?
- 8 Are there manufacturer savings programs or patient assistance options?

YOUR OWN QUESTIONS

- 9 _____
- 10 _____
- 11 _____
- 12 _____

NOTES FROM YOUR DOCTOR
