

TRUTH ABOUT WEIGHT

Let's Talk:

13

Questions to ask your doctor or healthcare professional

Talking about weight and obesity can feel difficult — even with your healthcare professional (HCP).

These 13 questions can help you start the conversation and explore what weight-management options might be right for you.

Many people try to manage their weight on their own but you don't have to. Obesity is recognised as a chronic, long-term condition, and getting support from a HCP can make a real difference.

These questions are designed to help you begin an open, informed conversation with your HCP. They can support you in understanding what evidence-based options may be suitable for your health needs.

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01.

I want to lose weight. How do you usually develop a weight management plan with your patients?

Put the conversation within the context of others to get a picture of how your HCP normally helps patients achieve their health goals. Be prepared for a conversation about your weight history and expectations for the future. This helps you understand how your HCP approaches weight care and what information they may need about your health history and goals.



How much weight should I lose?

Your HCP can help you set individual, achievable goals and explain what progress may look like over time. To better prepare yourself, ask your healthcare team what you can expect throughout and at the end of your treatment. To better prepare yourself, ask your healthcare team what you can expect throughout and at the end of your treatment.

Which weight management options can you recommend for me and why?

It can help to ask this question as your HCP will offer a number of different therapies, sometimes in combination. The goal is to select the treatments that best address the reasons for your weight gain, like your biology, psychology, and behavior.

Which other weight management options would you recommend to me, and why?

This is an important question because no single approach works for everyone. Your HCP will consider your circumstances, health conditions, and previous treatments to come up with the types of tests, evaluations, and weight management that fit your weight loss plan.

How frequently should I check-in to make sure I'm progressing with losing weight and achieving my overall treatment goals?

Your HCP will advise you on how often you should check in depending on your treatment plan. Your appointments are meant for support, keeping track of your progress, and adjusting treatment if necessary.

They may not always be with a healthcare professional, as appointments with support staff are also extremely valuable and should not be overlooked.

06.

How much will the treatment cost and will it be covered by my insurance or through a Health Service Executive?

The systems that cover medical costs for weight loss vary a lot between countries. To avoid an unpleasant surprise, it's important to understand what your financial commitment will be from the start.

07.

What happens if my weight loss treatment plan does not work?

To know and understand the health benefits of your weight loss plan will keep you motivated. The good news is even a modest weight loss of five percent or more can have a positive impact on your health.



08.

Are you committed to helping me reach my weight management goals?

It might seem like a very direct question, but it's important that you feel you are in good hands. You need a HCP who will become a real partner on your journey.

09.

What can I start doing today in order to reach my weight management goals?

It is important to remember that reaching your weight loss goals will not happen overnight. But your HCP will help you to start your journey today. Some options include healthy eating and increased physical activity.

10.

Are there challenges associated with my genetics or ethnicity?

Genetics and other factors can influence weight. Your HCP can help you understand what may be relevant to you.

11.

How long will it take me to reach my weight loss goals?

Your HCP will be able to provide you with an estimate on when you will reach your weight loss goals. The estimate will most likely be based on various factors such as your weight loss expectations, your lifestyle, and any existing medical conditions. Your HCP can explain what this could mean for you personally, based on your overall health and medical history.

12.

Who else can help me with my weight management?

Ask your HCP for a referral to other professionals. Dietitians, psychologists, and exercise physiologists can all be helpful.

Aside from friends, family, and your professional healthcare team, there are plenty of local and online support groups for weight loss. Getting others involved in your journey is a great way to stay the course while exchanging experiences to keep motivated.

13.

What are the health benefits I can expect to get from losing weight?

To know and understand the health benefits of your weight loss plan will keep you motivated. The good news is even a modest weight loss of five percent or more can have a positive impact on your health.

Final Thoughts

Having a list of important questions (in hand) when visiting a HCP gives you a point of reference for addressing possible health concerns

Bringing up the right questions with your HCP is just the start.

Remind yourself why you have decided to commit to a weight-loss treatment plan and work with your HCP towards your goals.

Every weight-management journey can bring challenges, but you don't have to navigate them on your own.

Support is available — from your HCP, wider care team, and those around you.

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