



4 Steps to Take an **INCLUSIVE HEALTH HISTORY.**

Begin with Open-Ended Questions

Start the conversation by asking about the patient's lifestyle and goals rather than weight. This shifts the focus to the patient's needs.

01

02

Avoid Assumptions Based on BMI

BMI doesn't tell the whole story. Instead, ask questions to understand health habits, challenges, and support needs.

Focus on Health Behaviors

Concentrate on behaviors like sleep, stress management, and physical activity rather than weight alone.

03

04

Create a Judgment-Free Space

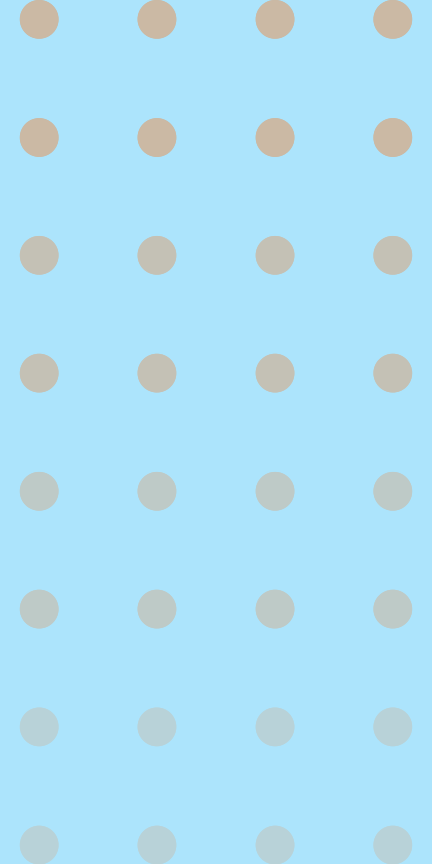
Encourage open communication by ensuring the patient knows they're in a safe, supportive environment.



Can you tell me a bit about your daily routine and what health goals are most important to you?

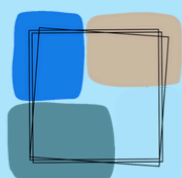
Everyone's health needs are unique. Could you tell me more about any specific areas where you'd like support, whether it's sleep, stress, or something else?

How are you feeling in terms of energy levels, sleep, and managing stress? These are all important pieces of your health.



I'm here to support whatever goals feel best for you. If there's ever anything you're uncomfortable discussing, let me know. This is a space where you can be fully open.

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WEIGHT & SIZE INCLUSIVE MEDICINE