



HOW TO DISCUSS HEALTH GOALS:

Prioritizing Patient-Centered
Conversations.

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OPEN-ENDED QUESTIONS

Start by asking about the patient's personal health goals: 'What are some things you're hoping to achieve for your health?' This approach empowers the patient and sets a positive tone.





FOCUS ON HEALTH, NOT WEIGHT

Shift the focus from weight to health outcomes, like energy levels, mobility, and well-being. Example: 'How can we support you in feeling more energized day-to-day?'





AVOID ASSUMPTIONS

Don't make assumptions about a patient's health or habits based on their appearance. This ensures the conversation stays judgment-free.





POSITIVE REINFORCEMENT

Acknowledge and celebrate positive health behaviors without centering the conversation on weight loss. For example: 'I see you're focusing on improving sleep quality – that's fantastic for your health!'

