

TAKE CHARGE OF YOUR CARE.

# IT GOT YOU INTO THIS SITUATION.

# IT CAN GET YOU OUT.



PEOPLE WHO TALK WITH THEIR DOCTOR ARE MUCH MORE MOTIVATED TO LOSE WEIGHT THAN THOSE WHO DON'T.

Follow the 5 A's:

ASK your doctor about any potential risks.



ACCEPT the weight control plan that's right for you.



AGREE on treatment goals.



ACCUMULATE a support system of friends, family and health professionals.



ARRANGE follow-ups with your doctor throughout the process.

At United Health Foundation, we believe that the more you know, the healthier you will be. Which is why we partnered with the U.S. AGENCY FOR HEALTHCARE RESEARCH AND QUALITY (AHRQ) to bring you these important health tips. We encourage you to get more involved in your care, to seek out information and to always make sure that the information you use comes from a reliable, evidence-based source. To find out more on this and other important topics, visit [UHFtips.org](http://UHFtips.org).



## United Health Foundation

