

Visit 1

Assess (5-10 minutes):

- Weight loss history and past attempts
 - When did you start struggling with weight? Is this old or new for you?
 - What have you tried in the past for weight loss?
- Current diet intake
 - What does a typical day look like for you regarding food? Who does the shopping and cooking?
- Current physical activity
 - What does a typical day look like for you regarding activity?

Advise (2 minutes):

- Weight loss goal - 5-10% loss leads to: highlight patient's personal health benefits for example CVD, diabetes, etc.
- Diet and physical activity guidelines for long-term success (refer to handout **Core Guidelines for Nutrition** and pages 7-18 in OAC: Understanding your Obesity Treatment Options booklet)
- Importance of self-monitoring
 - Self-monitor food, beverages, and physical activity for greater success (see pages 6 and 18 in OAC: Understanding your Obesity Treatment Options booklet)

Assist (5 minutes):

- Identify and address barriers to meeting nutrition and physical activity goals
- Provide outside resources as necessary (see **Local Care + Resources** handout)

Agree (2 minutes):

- Set self-monitoring goal with app or paper log
- Set nutrition goal
- Set physical activity goal

Arrange (1 minute):

- Schedule/confirm next follow up visit in 3 months

Visits 2-6

Assess (5-10 minutes):

- Current weight:
- Weight change since last visit:
- Progress toward self-monitoring goal:
- Progress toward nutrition goal:
- Progress toward physical activity goal:
- Medications: impact on weight loss

Advise (2 minutes):

- Consider introducing pharmacotherapy or bariatric surgery referred (refer to handouts **Weight Loss Medications** and **Bariatric Surgery**)
 - BMI ≥ 30 kg/m² or BMI ≥ 27 kg/m² with ≥ 1 obesity-associated comorbid condition(s)
 - BMI ≥ 40 kg/m² or ≥ 35 kg/m² with comorbidities, who have not responded to behavioral treatment with or without pharmacotherapy

Assist (5 minutes):

- Identify and address barriers to meeting nutrition and physical activity goals
- Provide outside resources indicated

Agree (2 minutes):

- Set new self-monitoring goal
- Set new nutrition goal
- Set new physical activity goal
- Set goal for possible use of pharmacology or surgery

Arrange (1 minute):

- Schedule/confirm next visit in 3 months