Dear Dr. X,

I am very much looking forward to my first appointment with you on [date]. In preparation for our meeting, I wanted to reach out and share some information about myself.

For most of my life, I have struggled with an eating disorder [or disordered eating if that feels better] and body image issues. In my work with a therapist and a registered dietitian, I have learned about the concepts of Health at Every Size® (HAES) and Intuitive Eating. HAES is an evidence-based practice where the focus is on health and healthy habits rather than body size and weight loss.

In order for us to work together for my best health, please:

•don’t prescribe weight loss as a health intervention

•don’t weigh me unless it is medically necessary (e.g., for proper dosage of certain medications) and don’t tell me the number

•consider prescribing the same things you would to a thin person with the same problem

•prescribe evidence-based interventions and give me the opportunity to provide informed consent

•provide me with shame-free healthcare

If you are interested in learning more about HAES, I would be happy to provide you with resources.

Thanks again and I look forward to meeting you.

Best,