

# Preparing for Your Appointment

Use this checklist to ensure you're prepared for your first appointment. Bringing a few details can help your care team assess needs more accurately:

- ☐ Recent weight changes or fainting episodes
- ☐ Typical eating, exercise, or purging patterns
- ☐ Current medications, supplements, and medical history
- ☐ Your top treatment goals
- ☐ Insurance information and cost questions