

AAACE Journey for Patients with Obesity

CONTEMPLATION

ASSESS
READINESS



HOW TO TALK
TO YOUR HCP



YOUR LIFE
CIRCUMSTANCES



INITIAL ASSESSMENTS

HEIGHT



BMI
(BODY MASS INDEX)



WEIGHT



WAIST
CIRCUMFERENCE



EXAMINATION



LAB WORK

DIAGNOSIS AND STAGING

COMPLICATIONS*



STAGE 1

NO COMPLICATION(S)*
PRESENT

STAGE 2

COMPLICATION(S)*
MILD TO MODERATE

STAGE 3

COMPLICATION(S)*
SEVERE

* Complications could include high blood pressure, prediabetes, type 2 diabetes, heart disease, nonalcoholic fatty liver disease, osteoarthritis, and more.

Work with your health care professional to develop a personalized treatment plan.

TREATMENT OPTIONS AND SETTING REALISTIC GOALS



SHARED
DECISION
MAKING



HEALTHY
EATING
PHYSICAL
ACTIVITY



MEDICATIONS



SURGERY

REEVALUATION
GOALS, SYMPTOMS,
STAGING, TREATMENT

CARE AND CONTINUITY



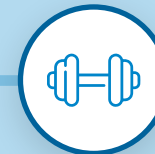
SUPPORT
GROUPS



MENTAL
HEALTH/
EATING
DISORDERS



HEALTHY
EATING



PHYSICAL
ACTIVITY



MEDICATIONS



SURGERY



MAINTENANCE

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