



HOW TO
**TALK TO
YOUR
DOCTOR**

ABOUT LIFESTYLE CHANGE



INTRODUCTION

MAKING LIFESTYLE CHANGES, LIKE IMPROVING YOUR DIET AND INCREASING PHYSICAL ACTIVITY, IS A POWERFUL WAY TO IMPROVE YOUR HEALTH. HOWEVER, IT'S IMPORTANT TO WORK CLOSELY WITH YOUR DOCTOR SO THAT YOU STAY SAFE AND GET THE RIGHT SUPPORT.



PREPARE FOR YOUR APPOINTMENT

- Write down your goals (e.g., “I want to eat a healthier diet to better manage my blood sugar.”)
- List current medications and any concerns you have.
- Be ready to discuss how you plan to change your lifestyle and ask how it might affect your health and meds.

START THE CONVERSATION

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- Tell your doctor you want to partner with them on your health journey.
- Say something like:
“I’m planning to change my diet and lifestyle to improve my health. I want to work together so you can help monitor my progress.”
- Ask for advice on what signs to watch for that might mean your medication needs adjusting.

DISCUSS MEDICATION MANAGEMENT

- Let your doctor know you understand that medications might need to change as your health improves.
- Ask how often you should have check-ups or lab tests during your lifestyle change.
- Request clear instructions on when to contact them about symptoms or side effects.

FOR

ASK FOR RESOURCES AND SUPPORT

- See if your doctor can recommend nutritionists, coaches, or support groups.
- Ask about any educational materials or programs that might help.
- Confirm the best way to communicate between visits (phone, portal, email).


REVERSE

FOLLOW UP AND STAY ENGAGED

- Keep a journal of your lifestyle changes and how you feel. This is where the Reverse it Success Journal is needed. Each of the 4 intervals has a tracking guide.
- Schedule regular check-ins with your doctor.
- Be honest about challenges and successes.

WHY THIS PARTNERSHIP MATTERS?

- Your doctor can help safely reduce medications as you improve.
- Monitoring prevents side effects or complications.
- Working as a team increases your chances of success and long-term health.



TAKING CHARGE OF YOUR
HEALTH THROUGH
LIFESTYLE CHANGES IS
EMPOWERING. BY
PARTNERING WITH YOUR
DOCTOR, YOU MAKE SURE
YOU'RE SUPPORTED EVERY
STEP OF THE WAY.