
How to Make Your Wallet Card

Materials: scissors, wallet card printed at 100% scale on A4 paper

1. Print this wallet card at 100% scale (actual size) by adjusting the settings in your computer's print menu.
2. For video or illustrated instructions, search "fold a mini book using A4" on the Internet. Otherwise, proceed to Step 3.
3. Lay the paper on a flat surface with the printed side down. Rotate to a landscape orientation (wider than tall). Fold the paper in half from left to right (or right to left).
4. With the paper still folded from Step 3, look for the *front cover* and put that side face down. Rotate the folded paper to a portrait orientation (taller than wide). Fold the paper in half again, this time from top to bottom (or bottom to top).
5. With the paper still folded from Step 3 and Step 4, look for the *front cover* and put that side face down. Rotate the paper so that you can read the text normally. Now fold the paper in half again, making another fold from left to right (or right to left). When you finish this step, you should see only the *front cover* and the *back cover* on the outside.
6. Unfold the paper completely and repeat Step 3.
7. With the paper still folded in half from Step 6, use scissors to cut along the dotted line. Stop cutting at the end of the dotted line. This will create a slit in the middle of the paper.
8. Unfold the paper completely. Lay it printed side down and in a landscape orientation. Now fold the paper in half from top to bottom (or bottom to top) using the existing folds. Now you will see pages 1, 2, 3, and 4 in a row on one side, and on the other side, you will see pages 5, 6, *back cover*, and *front cover* in a row.
9. This is the trickiest Step. Find the two small triangles. Each triangle is located at the top center of each side. Grab the center fold at each triangle with your fingers and gently pull the two triangles away from each other. When you pull, the cut section of paper will naturally open and then close again along the opposite edges. Keeping the triangles pulled apart, lay the paper down. Flatten it along the existing folds. Now you should see only the *front cover* and *back cover* on one side and pages 3 and 4 on the other side.
10. Rotate the folded paper so that you can read the text normally. Use the existing folds to close the wallet card by folding the paper in half from left to right (or right to left) so that the *front cover* and *back cover* are the only pages visible on the outside.

Now turn to the *front cover* and flip through the pages of your new wallet card!

- Take issues of *Lifeline* magazine to leave in waiting rooms, and add a label on them with local contact information. But be sure to ask permission before putting OA materials in an office or a health care facility.
- Start by talking to your primary care provider; then tell other health professionals you see for your care, such as a cardiologist, gastroenterologist, dentist, diabetes specialist, nutritionist, or psychotherapist. They often have compulsive eaters among their patients.

Here are some quick and easy ways to start that valuable discussion:

- Mention OA at health care appointments. You carry the message whenever you share your recovery.
- Keep it short and simple. You might ask if they have patients who don't seem able to follow medical instructions on diet and weight loss.
- Invite your interested health care professional to a meeting. Both health care students and practicing professionals who want to learn more about OA are welcome to come to any open meeting.

Your health care visit is a rare opportunity to introduce Overeaters Anonymous to caregivers and professionals in your community who can make a difference to the still-suffering among us.

Anytime you see your doctor or other health care provider, you ARE the message. They can measure your physical well-being by reviewing your medical chart, and they can see your outward well-being by the gifts of the OA program as those gifts have manifested for you.



What to Remember When You See Your Doctor

OR
Other Health Care Professional

OA Responsibility Pledge
Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible.

RESOURCES

For more ideas about how to carry the message of the OA recovery program, see these pieces of OA literature:

- *When Should I Refer Someone to Overeaters Anonymous?* is an easy way to introduce the program.
- *The Courier*, OA's annual newsletter for health professionals, is another piece of literature you can offer. You can get both items plus more

by ordering the *Professional Presentation Folder*:

- Take a pack of *OA Bulletin Board Attraction Sticky Notes* to leave with the office. Write in the nearest meeting or local contact information so people can find out more about the program.

Thank you for carrying the message.

Together we can do what we could never do alone.

OA Board-approved
Overeaters Anonymous®, Inc.
World Service Office
6075 Zenith Ct. NE
Rio Rancho, NM 87144-6424 USA
Mail Address: P.O. Box 44727
Rio Rancho, NM 87174-4727 USA
Tel: 1-505-891-2664 • Fax: 1-505-891-4320
Info@oa.org • www.oa.org