

What to Remember When You See Your Doctor or Other Health Care Professional Workshop

Background

This workshop is a product of the World Service Business Conference Professional Outreach committee. The committee's aim was to educate Overeaters Anonymous members on how to carry the message to health care providers and provide a wallet card for members.

Why Is It Important?

OA members who attend professional exhibits and conferences on topics such as obesity, addiction, cardiology, diabetes, and family medicine frequently report back that attendees say they have never heard of OA.

Anytime we see our doctor or other health care provider, we ARE the message. They can tell from our charts, and if they know us personally, they can see how well we are doing. This creates a unique opportunity to introduce Overeaters Anonymous to them.

As OA members share about our recovery in OA, these professionals have a chance to ask questions and to witness the improvement in our lives. They are then more likely to mention OA to other people they care for.

Workshop

Ask members to share their experience of talking with a health professional.

Present the tip sheet *What to Remember When You See Your Doctor or Other Health Care Professional*.

Ask those present at the workshop to break into small groups, appoint a leader/notetaker, and complete the following information:

- Write a list of all the types of health care professionals members in the group see regarding their health.
- Do we mention OA to health care providers we encounter?
- What keeps us from sharing?
- Why is it important to share?
- What experiences have we had when sharing?
- What suggestions does the group have for making it easier to talk with health professionals?

After a period of time, call the groups back to together and have a member report back from each small group.

Hand out two little wallet cards to every participant: one for themselves and one to hand to another OA member.

This workshop can be used for an in-person meeting or adapted for a podcast.

What to Remember When You See Your Doctor or Other Health Care Professional Tip Sheet

Tips

Anytime we see our doctor or other health care provider, we ARE the message. They can tell from our charts, and if they know us personally, they can see how well we are doing. This creates a unique opportunity to introduce Overeaters Anonymous to them.

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

- Mention OA at our health care appointments. We carry the message whenever we share our recovery.
- Keep it short and simple. We might ask if they have patients who don't seem able to follow medical instructions on diet and weight loss.
- Invite our 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 an open meeting.
- If we're willing to take calls, let health care professionals know they can give our phone number to patients interested in knowing more about OA.
- Take issues of *Lifeline* to leave in waiting rooms and add a label on them with local contact information. Be sure to ask permission before putting OA materials in an office or a health care facility.
- Start by talking to our primary care provider; then tell other health professionals we see for our care, such as a cardiologist, gastroenterologist, dentist, diabetes specialist, nutritionist, and psychotherapist. They often have compulsive eaters among their patients.

Resources

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

- *Introducing OA to Health Care Professionals* is an easy way to introduce the program.
- The *Courier*, OA's annual newsletter for health professionals, is another piece of literature we can offer.
- 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.

Important Note:

Below are two versions of the
*What to Remember When you See Your Doctor
or Other Health Care Professional* wallet card.

The first version is designed to fit an 8.5" x 11" sheet of paper,
which is the standard size of paper in North America.

The second version is designed to fit an A4 sheet of paper,
which is the standard size of paper outside of North America.

In order for the wallet card to fold correctly,
you must choose the version that matches your paper size.
IN ADDITION, you must print the page at 100% scale (actual size).
Adjust your computer's print menu to print the page at 100% scale.

OA Board-approved

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How to Make Your Wallet Card

Materials: scissors, wallet card printed at 100% scale on 8.5" x 11" 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" 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 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.

- 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.

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

RESOURCES

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Thank you for carrying the message.

Together we can do what we could never do alone.

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What to Remember When You See Your Doctor
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OA Responsibility Pledge

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

How to Make Your Wallet Card

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

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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).
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