



**Please respect my
recovery.**

Don't weigh me.

If you must weigh me, please explain why
so I may give my informed consent.

Do not share my weight with me.

Only provide me with medical documents
on which my weight is not included.

Thank you!

This card is a tool designed to address weight bias and promote respectful and inclusive healthcare interactions. These cards can be presented to healthcare providers to communicate the patient's preference not to be weighed during a medical visit unless it is medically necessary.

The strength of this card lies in empowering individuals to advocate for their own healthcare, fostering a more patient-centered and respectful approach to discussions about weight in medical settings.

This card help raise awareness about the impact of weight stigma on individuals and contribute to creating a more supportive healthcare environment.