Metabolic Health Doctor Discussion Guide

A simple way to prepare, ask the right questions, and leave with a plan.

Metabolic health is about more than weight.

It describes how well your body is managing blood sugar, blood pressure, and where it stores energy. Much of that story is already in routine measurements and bloodwork - but it may not come up unless you ask about it.

Why bring it up? *Poor metabolic health often has no symptoms in its early stages. A short conversation can help you understand your baseline and spot changes worth following.*

Use This Guide To:

- Prepare a few useful details before your appointment.
- Ask for the actual values behind your metabolic health numbers.
- Talk through which numbers are reassuring and which are worth watching.
- Leave with a clear next step and a follow-up plan.

A Good Opening Line

"I'd like to check in on my metabolic health. Can we go over my numbers?"

Bring this guide with you and write directly on it. You do not need to cover everything in one visit - the goal is to make the conversation easier to start and easier to remember.

Patient education material. This guide is not a diagnosis and does not replace medical advice from your healthcare professional.

Step 1

BEFORE YOUR VISIT

A few minutes of preparation can make a short appointment much more useful.

Bring What You Know

1. Your waist measurement and waist-to-height ratio. These are useful metabolic health numbers and often are not checked at a routine visit.
2. Your family history. Note diabetes, heart disease, high blood pressure, or liver disease in parents or siblings.
3. Anything you have noticed. Changes in energy, sleep, waist size, or how your clothes fit can provide context.
4. Your past results. If you can see prior bloodwork, look at the trend - not only the latest number.
5. Your questions. Write down the 2-3 things you most want answered before the visit ends.
6. Your medications. Bring an up-to-date list of prescription medications, over-the-counter medicines and supplements.

MY QUICK PREP NOTES

Waist circumference: _____

Waist-to-height ratio: _____

Family history I want to mention: _____

Changes or trends I have noticed: _____

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Step 2

KNOW THE NUMBERS

Ask for the actual values, not only whether they are “normal” or “fine.”

These markers help fill in the picture that weight alone cannot provide. Write down your latest value and anything your healthcare professional wants you to watch.

MARKER	MY VALUE	PREVIOUS VALUE	WHAT MY PROVIDER SAID
Blood Glucose or A1c			
Blood Pressure			
Triglycerides			
HDL (or "good") Cholesterol			
LDL Cholesterol			
Liver Enzymes (ALT / AST)			
Waist Measurement			

LIVER FOLLOW-UP QUESTION:

“Given my health and my other numbers, should we take a closer look at my liver - and would a liver risk score such as FIB-4 be appropriate for me?”

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Step 3

QUESTIONS TO ASK

Choose the questions that fit your visit.
You do not need to ask them all.

- ☐ Which of my numbers are you happy with, and which would you like to see move?
- ☐ Have any of my results changed since last time?
- ☐ Given my family history, is there anything we should check that we haven't?
- ☐ Should we look at my liver, given what my other numbers show?
- ☐ What would you want me to focus on first?
- ☐ If something is out of range, what could improve it and what is a realistic timeline?
- ☐ When should we recheck these numbers?

IF YOUR VISIT IS ABOUT SOMETHING ELSE:

"Before we finish, I have one thing I'd like to ask about."

IF YOUR CONCERN IS WAVED OFF:

You can ask again, plainly: "I understand it may not be urgent, but I'd still like the numbers checked so I have a baseline."

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Step 4

LEAVE WITH A PLAN

A useful visit ends with a clear next step
- even when the news is reassuring.

If your numbers are in recommended ranges, that is useful information and gives you a baseline to compare over time. If something is out of range, it is information - not a verdict. Your healthcare professional can help you decide what applies to you and what to do next.

Before you leave, make sure you know:

The 1-2 numbers we are focusing on: _____

What I should focus on first: _____

Whether any repeat testing, referral, medication, or closer look is needed: _____

When we will recheck: _____

My appointment notes:

_____

_____

TRY REPEATING THE PLAN BACK BEFORE YOU LEAVE:

"So the plan is to focus on _____ and recheck in _____. Did I get that right?"

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