

## **Instructions for the Health Care Brochure ('FA and the Health Care Professional')**

### **What is the healthcare brochure?**

"FA and the Health Care Professional" is a brochure that provides an introduction to FA for a broad range of health care professionals: physicians, nurses, medical assistants, chiropractors, dentists, dental hygienists, aestheticians, physical therapists, massage therapists, acupuncturists, mental health professionals, etc.

It is intended to be used as part of a conversation between FA members and their health care providers about their recovery from food addiction in FA.

**This brochure will replace the Letter to the Healthcare Professional and the packet that contained it.**

### **How do I order the brochure?**

Each meeting can purchase the brochure from the FA website at <https://www.foodaddicts.org/order/health-care-brochure> or at intergroup and chapter meetings where literature is sold.

**We suggest that meetings cover the cost of the brochures and provide them free to individual members who are reaching out to health care providers.**

Members without access to meetings can obtain them by emailing [fa@foodaddicts.org](mailto:fa@foodaddicts.org), with "Frontier Health Care Brochure Request" as the subject line, and by including their name and mailing address in the body of the email. Two brochures will be mailed to them.

Members from outside the U.S. can order labels to customize local FA contact information on the brochure by emailing [healthcarebrochurelabels@foodaddicts.org](mailto:healthcarebrochurelabels@foodaddicts.org) and providing local FA contact information, including mailing address and number of labels requested.

### **How do I distribute the brochure at my meeting?**

We suggest that PI representatives ask at every monthly business meeting who will be seeing a healthcare professional in the next month and give a brochure to each of those people. This has proven to be more effective than just leaving the brochures on the literature table. We also suggest that PI representatives insert a few meeting directory trifolds or 20 Questions cards in each brochure before distributing it.

For meetings without PI representatives, we ask that WSI contacts take responsibility for making the brochure available.

## How do we share the brochure with health care providers?

We encourage members to hand the brochure directly to their health care providers and medical staff during appointments. Inserting meeting directory trifolds or 20 Questions cards can give the professionals something to hand to patients.

**We have found that NOT using an envelope makes the information more accessible.**

When medical appointments are conducted via phone or the Internet, members can refer their providers to the “For the Health Care Professional” page on the FA website (<https://www.foodaddicts.org/for-the-health-care-professional> ).

Members can also take brochures to health care presentations, information sessions, and health fairs. In these settings, too, we have found this resource most effective when shared as part of a conversation, rather than being left on a table to be picked up.

## How do we start a conversation with a health care provider?

Many people have asked how to approach their health care providers. Here are a few options and some wording we have found useful in the past:

1. If health care providers already know your story and have seen the results of your being in FA, follow up with something like “This is the program that helped me get those results.”
2. If it is a newer relationship, you might share a bit of your story, saying something like “I actually found I couldn’t get a handle on this [weight or health problem] on my own. I’m like an alcoholic with food, and I found a twelve-step program that has helped me tremendously.”
3. Or this: “In case you have patients dealing with [weight, diabetes, foot problems, heart problems, etc.....], this has been a solution for me and for many others. Let me know if you are interested in more information.”

It is always helpful to open the possibility for follow up with something like “Let me know if you have any questions.” **(See below for follow up options.)**

## How can we follow up with health care professionals?

If health fair providers show interest, you can offer to

- Provide a rack of meeting trifolds for their office or waiting room
- Provide a copy of the FA book (Contact [pi@foodaddicts.org](mailto:pi@foodaddicts.org))
- Provide the health care provider slide presentation for their colleagues (Contact [healthcareslideshow@foodaddicts.org](mailto:healthcareslideshow@foodaddicts.org))
- Provide an information session to colleagues or patients. (Contact your intergroup or chapter, or email [pi@foodaddicts.org](mailto:pi@foodaddicts.org))
- Connect them with [weblinks@foodaddicts.org](mailto:weblinks@foodaddicts.org) if they would like to add a link to the FA website to their online resources for patients.

Contact your intergroup or chapter, or email [pi@foodaddicts.org](mailto:pi@foodaddicts.org) if you have questions or opportunities for further outreach.