

This document can be used as a guide when reaching out to healthcare professionals. You might find it useful to complete the information below as a means of tracking your meeting's efforts and reminding yourself of any follow-up needed. Thanks!

Please remember to...

- 1) Introduce yourself
- 2) Explain FA – feel free to make use of the information on page 2
- 3) Leave your contact information and the FA website – www.foodaddicts.org
- 4) Inquire about a few different ways we could work together – see options in table
- 5) Thank them for their time!

<u>Date of Initial Contact</u>	
<u>Company</u>	
<u>Contact Name</u>	
<u>Contact Phone</u>	
<u>Contact Email</u>	
<u>Contact Mailing Address</u>	
<u>Can we...?</u>	
<i>Send you more information (ie. Letter to the HCP and loose brochures)</i>	
<i>Post a rack of our brochures at your facility</i>	
<i>Get our information posted in any calendar or event listings you have (internal or external)</i>	
<i>Place a link to our website either on your webpage where people may be searching for additional resources *OR* on a page dedicated to any Employee Assistance Programs you have</i>	
<i>Take part in an upcoming health fair you may be holding or sponsoring</i>	
<i>Present or display literature at a staff meeting or panel discussion</i>	
<i>Schedule an information session</i>	
<i>Coordinate a single table display to provide information and answer any questions</i>	
<u>Response/Outcome</u>	
<u>Follow-up Action</u>	
<u>Referred To / Additional Points of Contact</u>	

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(1) If leaving a voice message...

“Hi _____. My name is _____ and I’m calling on behalf of Food Addicts in Recovery Anonymous, ‘FA’, a free 12-Step program for people who want help in recovering from food addiction—overeating, under-eating and bulimia. I am reaching out to you because I believe that in your line of work, you may have contact with clients or patients that are struggling with these issues and could benefit from hearing more about this program. I’d like to have the opportunity to give you more information and answer any questions you might have. At your convenience, please give me a call back at _____. You can also visit our website at www.foodaddicts.org. Thanks for your time and I hope to hear from you soon!

(2) If explaining FA in person or by phone...

What is FA?

- Experts believe that sugar sets up cravings for more food and creates a condition similar to alcohol and drug addiction. Millions have recovered from alcoholism and drug addiction through Twelve-Step programs such as AA. FA helps people who struggle with problems with food.
- FA is a program based on the Twelve Steps of Alcoholics Anonymous. We are a tax-exempt, non-profit organization that offers help and recovery to those whose connection with food can be understood as a form of addiction. We are not a medical group, nor are we connected with hospitals or surgical clinics. We charge no dues or fees and our meetings include no weigh-ins. Our membership is international and includes men and women, adolescents, and the elderly. All are welcome.

Who might benefit from FA?

- People who find help in FA vary greatly. Some of us have been diagnosed as morbidly obese while others are undereaters. Among us are those who were severely bulimic, who have harmed themselves with compulsive exercise, or whose quality of life was impaired by constant obsession with food or weight. We tend to be people who, in the long-term, have failed at every solution we tried, including therapy, support groups, diets, fasting, exercise, surgical procedures and in-patient treatment programs.

Does FA work?

- Some of our members have been in continuous recovery (maintaining a stable, healthy weight and enjoying freedom from obsession with food, weight, bingeing, or bulimia) for over twenty-five years. Members with five to ten years of recovery are increasingly common.
- Many of our members have weight losses ranging from ten to over two hundred pounds while others are in recovery from undereating or bulimia.

Interested? Want more details?

- FA wishes to serve as a resource to you, your organization and your patients. I would be happy to discuss a few options as to how we could work together. (See questions in above table.)
- Please do not hesitate to contact me at _____. You may also want to contact the chair of our local Public Information Committee, XXXX XXXXXXXX, at (xxx) xxx-xxxx. More information can also be found by contacting our World Service Office at (781) 932-6300 or by visiting our website at www.foodaddicts.org.