

Dear Health Care Provider,

While general practices and procedures may include weighing patients at every visit, for the benefit of my personal health, I prefer not to be weighed unless medically necessary.

I understand weight may be necessary for determining anesthesia dosage, some drug dosages, eating disorder treatment, child growth trajectory, kidney failure and other situations.

If being weighed is medically necessary, I would kindly ask:

- To be weighed blind
- To not have my weight recorded in any place I will see
- To be informed of how my weight will influence my treatment

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Thank you for your understanding and cooperation!