People with obesity can face barriers when it comes to access to care. Access to care begins with seeing obesity as a chronic disease diagnosed by a healthcare provider. Obesity is not someone’s fault or their job to manage alone.

These barriers can include:

**INSURANCE DENIALS**
Very few insurance companies pay for obesity care and weight management options such as:
- Bariatric surgery
- Prescription weight management medications
- Consultations with dietitians

**IMPROPER EQUIPMENT**
People with obesity deserve medical equipment that meet their needs. Individual needs can vary, but often include:
- Scales
- Blood pressure cuffs
- Exam gowns

**AVAILABLE HEALTHCARE PROFESSIONALS**
A team of healthcare providers who understand obesity medicine can give the best care. This team can include:
- Physicians
- Nurse practitioners
- Registered dietitians

**REQUIRED STEPS FOR INSURANCE COVERAGE:**
Many insurance companies have requirements to qualify for obesity care coverage. Requirements can be:
- Referrals
- Long wait times
- Mandatory weight loss

**WHOLE PERSON CARE**
Patients need effective and respectful care no matter what health condition(s) they have. Treatment for the flu or back pain should not be dependent on a patient’s weight or size.

**SCIENCE-BASED CARE**
There is no miracle cure for obesity. However, effective, science-based treatment options do exist. Receiving these options is not possible if your healthcare provider does not know about them.

**AVAILABLE LIFELONG CARE**
Obesity is a chronic disease. Patients deserve access to lifelong obesity care even if the weight maintenance period has been reached.

**ACCEPTING CARE**
It may be hard for some people to accept obesity care from a healthcare provider. This can be from:
- A negative care experience in the past
- A belief that they need to lose the weight on their own
- Unsuccessful weight loss in the past

Support Access to Obesity Care for Everyone!