**Sample Email to Physician**

Dear Dr. \_\_\_\_\_\_\_\_\_\_\_\_\_,

I wanted to follow up with you about Overeaters Anonymous (OA), the 12-Step based fellowship that has been of such benefit to me. We discussed OA on my last visit.

As you have seen from my chart, there have been tangible improvements in my health indices recently. *List specific improvements here in brief*. I know I was a tough nut to crack on making the positive changes that you advised for my improved health. I bet I am not your only patient who has proven a challenge to you in that regard.

For some of your patients, OA may be of help. This is particularly true for patients where you are seeing no progress over time in following your dietary or body weight recommendations.

Overeaters Anonymous has no dues or fees. We are not a diet or calorie club. We use the 12 Steps as adapted from Alcoholics Anonymous to deal with compulsive eating and compulsive food behavior. OA encourages members to seek out the care and medical recommendations of their health professional. Overeaters Anonymous can support your care plan to help a wide range of persons with issues related to food compulsion. This can include anorexia, bulimia, exercise bulimia, body dysmorphia and other manifestations of food issues.

I have purchased a digital “When to Refer to OA?” packet for you. Here is a link:

If you would find it helpful, I have attached a sample patient email you can adapt if you wish to make a referral to Overeaters Anonymous.

*Optional: I am available to talk with anyone who wants to learn more about OA. You can offer them my name and phone number. I can drop off printed materials to your office if you would find them useful.*

Thank you for your care,

*YOUR Name and PHONE Number*