Dear \_\_\_\_\_\_\_\_,

Based on our recent discussions of actions you could take to improve your health, I wanted to provide a referral for you to Overeaters Anonymous (OA). This is a 12-Step group patterned on Alcoholics Anonymous (AA), yet focused on compulsive eating and compulsive food behavior.

Only you can determine if this program would be of benefit to you. As your doctor, I only know that healthy eating plays an important part in your overall health. The OA program has successfully helped thousands of people find recovery.

Useful these links:

* [For a free “Where Do I Start?” Guide](https://oa.org/what-to-expect/where-do-i-start/)
* [15 Question Self-Assessment Quiz to see if food is an issue](https://oa.org/quiz/)
* [For meeting times in person and on Zoom](https://oa.org/find-a-meeting)
* For an Intro to OA meetings
* For a form to request a phone call from a member
* [Podcasts](https://oa.org/podcasts/)

At your request, I can arrange for you to speak with one of my patients, who have experience with OA program, so that you may ask questions and get more information.

I encourage you to explore the OA program that has proved as a workable solution.

Sincerely,