



# If you are living with HIV, ask yourself the following questions:

## Have I lost weight?

- ☐ Have I lost weight without trying?
- ☐ Does the change in my weight impact how I feel about myself or my health?
- ☐ Is my clothing looser than before because I have lost weight without trying?
- ☐ Have those I know mentioned that my appearance has changed?

## Do I have less energy?

- ☐ Are any of my usual activities more difficult to perform?
- ☐ Am I exercising less than in the past?
- ☐ Do I need to take a break more often?
- ☐ Do I tire more easily after certain activities?



If you answered “yes” to any of these questions, take this questionnaire to your next appointment with your healthcare provider to start a conversation about HIV-associated wasting and to inquire about treatment. Together you can discuss next steps. To learn more about HIV-associated wasting, visit: [LetsTalkWasting.com](https://www.LetsTalkWasting.com)