



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.lets-talk-wasting.com)