

# A Letter to My Care Provider: My Healthy Plus Size Pregnancy

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

It is extremely important to me to receive outstanding and dignified care during my pregnancy and birth of my baby. I plan to do everything within my power to have a healthy pregnancy and vaginal birth. I plan to:

- ✓ Eat a healthy diet.
- ✓ Stay physically active.
- ✓ Work with a size friendly care provider.

With you as my selected care provider, I would like reassurance that you will:

- ✓ Provide informed consent before any procedures are performed during my pregnancy and birth. It is my desire, as we both share the ultimate goal of a healthy pregnancy and the birth of a healthy baby, to maintain an open, respectful dialogue regarding my care.
- ✓ Not label me as high risk based only upon my BMI.
- ✓ Fully support my desire to have a vaginal birth. Unless I have medical complications that necessitates a cesarean section, or my baby is in distress.

I hope you will accept this statement as my commitment to my health during pregnancy. Please let me know immediately if you have any concerns or feel you will be unable to provide me with the type of care outlined above.

Sincerely,

\_\_\_\_\_  
Patient Name

\_\_\_\_\_  
Care Provider Name

\_\_\_\_\_  
Patient Signature                      Date

\_\_\_\_\_  
Care Provider Signature                      Date