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**Guidelines for Taking Weights at Home**

Setting up for at-home weights:

1. Secure a digital scale. A basic digital scale is sufficient; dial scales are not recommended.

2.  Find a hard flat surface to place the scale (e.g., hardwood floor). *Do not place on a carpeted surface.*Make sure the floor is level, as a wobbly or slanted floor can affect the accuracy of the reading. You will use this same spot every time you take a weight.

3. If you happen to have an item with a known weight in your home (e.g., 20 lb dumbbell), weigh that and inform your provider about the difference between the numbers, if any. Alternatively, if you are scheduled to have your weight/vitals taken in clinic, take a heavy item with you (e.g., heavy bag) that you can weigh on the clinic scale and then re-weigh on your at-home scale to determine any difference in the scales. Ensure that any items that may change (e.g., snacks, water) are either out of the bag or not consumed prior to re-weighing the item. Ideally the item should have a flat bottom smaller than your at-home scale so that it can sit squarely on your scale. If neither of these are feasible, your provider will use your first weight on the at-home scale as a baseline for future weights.

Taking the weight:

1. Take a weight first thing in the morning after going to the bathroom, in light clothing (e.g., t-shirt and shorts, without socks or shoes). At least one caregiver should supervise the weight being taken and record the number. Discuss with your provider whether or not the weight should be taken blind.

2.  Ensure that both feet are placed squarely on the scale while standing still. Leaning on one foot or wobbling on the scale can affect the accuracy of the reading.

3. Wait for a few moments until the number stabilizes; record the number.

4. Return the scale to a safe location where it cannot be accessed. If you have not done so already, develop a plan for where you will store the scale in between taking weights to ensure that weights are only taken at agreed upon, supervised times. Weights should not be taken at any other times outside of clinic visits unless otherwise directed by your healthcare provider.