

February 9, 2022

To whom it may concern,

I have been working with [First & Last Name] since October 2020 as her outpatient therapist in order to address concerns regarding her eating disorder and overall mental health. I wanted to reiterate the importance of ensuring that [First Name's] weight remain unseen and unknown to her in order to protect her eating disorder recovery. Even recording her weight in an online file or portal that she can access is unacceptable. It is important that any nurses working with [First Name] during her office visits be alerted to this request.

Please don't hesitate to reach out to me if you have any questions or concerns regarding this letter. I would be happy to provide more information and collaborate regarding her care.

Thanks,

Therapist