



How to talk to your doctor about your ANTI-DOPING RESPONSIBILITIES

STEP 1: Let them know!



First, tell your doctor that you are subject to drug testing and the WADA Prohibited List. Make sure to share that a prescription isn't enough to justify the use of a prohibited substance.

STEP 2: Talk about strict liability.

Let them know you face serious consequences for using prohibited substances.



STEP 3: Check together!



While you're with your doctor, visit GlobalDRO.com to check the status of any medications they prescribe or recommend. This will give you the opportunity to discuss permitted alternatives if needed. If you must use a prohibited substance, you will also need their assistance to fill out a Therapeutic Use Exemption application.

STEP 4: Question supplements together.

Unlike prescription and over-the-counter medications, you can't check supplements on Global DRO.

Supplements are regulated differently and always come with some level of risk for athletes.

Visit USADA.org/Supplement-Connect for more info.



STEP 5: Explain that we have resources just for them.

If your doctor wants to learn more, tell them about our resources on USADA.org, including HealthPro Advantage, an online course specifically for healthcare professionals.



#DIDYOUCHECKTHO