

# RECOMMENDATIONS BROCHURE

## FOLLOW-UP OF FOREIGN MODELS NOT RESIDING IN FRANCE

### I. Purpose of the brochure

This recommendations brochure reminds foreign models who do not reside in France of all **the rules to be applied for proper medical follow-up**, as well as **the standards necessary for the establishment of a medical certificate** by a doctor in their country of origin.

**These models must possess a medical certificate prior to their arrival in France and during their period of activity in France, attesting that their health status is compatible with the practice of modeling.**

This medical certificate must be written in French or English.

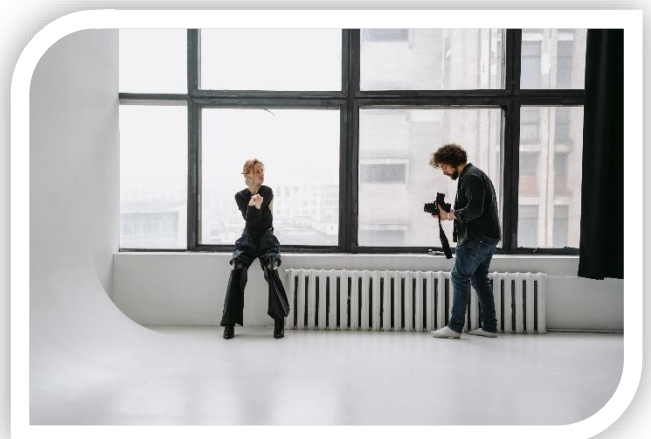
This certificate meets the same requirements as the medical certificate established by a French doctor. The validity period of the medical certificate issued by the foreign doctor remains valid for a duration that cannot exceed 2 years.

In the exceptional case where a foreign model who does not reside in France is unable to produce their medical certificate to the French modeling agency, it will be possible for them to use a general practitioner in France.

### II. Definitions

**A model** represents any person, even on an occasional basis, who is responsible for presenting to the public, directly or indirectly through the reproduction of their image on any visual or audiovisual medium, a product, a service, or an advertising message, or who poses as a model, with or without the subsequent use of their image.

**The modeling agency** represents any natural or legal person whose activity consists of temporarily providing, for a fee, models that they hire and remunerate for this purpose.



### III. Medical follow-up of models

The medical follow-up of models must take into account **the specificities of the profession of adult or child models and the overall health status of the person**, based on:

- The types of services: shooting for editorial press, advertising, filming for advertising films, photo shoots for catalogs, fashion shows, fittings and rehearsals, runway shows for ready-to-wear and haute couture collections in Paris.
- The model's experience: beginner, recent experience, professional model, higher-level model, internationally renowned model.
- Age and gender.
- All health determinants, taking into account the criterion of body mass index.

The definition of body mass index taken into account is established by the World Health Organization (WHO) in its international classification of underweight, overweight, and obesity.

**For models over 16 years of age:** the medical examination includes the consideration of their body mass index, especially when its value approaches moderate to severe underweight after the age of 18 and is below the 3rd percentile of French references between 16 and 18 years of age.

**For models under 16 years of age:** the medical examination includes the consideration of their body mass index, which cannot be lower than the 3rd percentile of French references.

The validity period of the medical certificate, which cannot exceed two years, is left to the discretion of the doctor.

This certificate can only be established following a complete clinical examination of the model by the doctor and cannot be drafted based on elements declared remotely by teleconsultation.

Where the model's overall state of health is assessed, particularly with regard to their body mass index, the certificate must not mention the measured values, in order to avoid the disclosure of confidential information covered by professional secrecy.

**In order to assess the overall health status of the adult or child model, it is important to :**

- Interview the model about their work experience.
- Address occupational risks (travel, chronobiological risk, psychosocial risk, musculoskeletal disorders, etc.).
- Address nutritional, somatic, psychological, and family dimensions.
- Collect anthropometric parameters (growth curves, height, weight, and calculation of body mass index).
- Early identification of eating disorders with a focus on the 15-19 age group.
- In case of observed underweight, adopt an empathetic attitude without stigmatization.
- If necessary, refer the model to healthcare services (general practitioner, specialized networks, etc.).
- Prescribe additional examinations if necessary.
- Refer to good practice recommendations (public health organizations, learned societies).

As an indication, we propose the following decision tree:

- **Body mass index  $\geq 18.5$ :** medical certificate valid for a maximum of 2 years.
- **Body mass index between 17-18.4:** medical certificate valid for a maximum of 1 year.
- **Body mass index  $<17$ :** medical certificate valid for a maximum of 6 months.

#### IV. Writing the medical certificate

The medical certificate, drafted in either French or English, shall be drawn up as follows:

**In English:**

*I, the undersigned, Dr. [First Name] [Last Name], certify that I examined today, at their request [First Name] [Last Name], born on [Date of Birth].*

*Their overall health, assessed in particular with regard to their body mass index, allows them to work as a model.*

*This certificate is valid for a maximum of two years.*

*This certificate is issued to the individual concerned for all legal purposes.*

**In French :**

*Je, soussigné(e) Docteur Prénom NOM, atteste avoir vu ce jour à sa demande, Prénom NOM, né(e) le Date de naissance.*

*Son état de santé global, évalué notamment au regard de son indice de masse corporelle, lui permet l'exercice de l'activité de mannequin.*

*La validité de ce certificat est fixée à 2 ans maximum.*

*Certificat remis à l'intéressé(e) pour servir et valoir ce que de droit.*

#### V. Assistance for foreign doctors

Thalie Santé makes every effort to answer any questions that doctors from the countries of origin of foreign models who do not reside in France may have.

**Thalie Santé's contact:** [mannequins@thalie-sante.org](mailto:mannequins@thalie-sante.org)

## MEDICAL CERTIFICATE (English)

I, the undersigned, Doctor *First name LAST NAME* -----,

certify that I examined today, at their request

*First name LAST NAME* -----,

Born on *Date of birth* -----.

Their overall health, assessed in particular with regard to their body mass index (BMI), allows them to work as a model.

The certificate is valid for a maximum of two years.

This certificate is issued to the individual concerned for all legal purposes

Issued on -----, in City -----

Physician's signature

## CERTIFICAT MÉDICAL (français)

Je, soussigné(e) Docteur *Prénom NOM* -----,

atteste avoir vu ce jour à sa demande

*Prénom NOM*-----,

né(e) le *Date de naissance* -----.

Son état de santé global, évalué notamment au regard de son indice de masse corporelle, lui permet l'exercice de l'activité de mannequin.

La validité de ce certificat est fixée à 2 ans maximum.

Certificat remis à l'intéressé(e) pour servir et valoir ce que de droit.

Fait le -----, à *Ville* -----

Signature du médecin