

## Everything You Need to Succeed

### Coaching (12 Months)

1:1



- A personal coach with you every step of the way
- Customized nutrition and exercise plans
- 13 live, one-on-one video (or telephone) sessions (progress review, goal setting, strategies)
- Weekly food and activity log feedback
- Unlimited messaging

### Classes



- Live 30-minute expert led education classes
- Fun, interactive format
- Available online 7 days a week
- Topics include mindset, nutrition, and exercise

### Community



- Expert-moderated online community
- Peer support and inspiring solutions
- Share successes, create "challenges" and help each other stay motivated!

## ReShape® Customized Coaching

Powered by Retrofit<sup>SM</sup>

### Important ReShape® Integrated Dual Balloon System Safety Information

**Indications:** The ReShape Integrated Dual Balloon System is indicated for weight reduction when used in conjunction with diet and exercise, in obese patients with a Body Mass Index (BMI) of 30–40 kg/m<sup>2</sup> and one or more obesity-related comorbid conditions. It is indicated for use in adult patients who have failed weight reduction with diet and exercise alone. **Contraindications:** The ReShape Integrated Dual Balloon System is not recommended for patients with conditions that may increase the risk of poor results (e.g., prior gastrointestinal surgery with sequelae, prior open or laparoscopic bariatric surgery, inflammatory diseases of the GI tract, potential upper GI bleeding), who are unwilling to participate in an established medically-supervised diet and behavior modification program, who have alcohol or drug addictions, who receive daily prescribed treatment with aspirin, anti-inflammatory agents, anticoagulants or other gastric irritants, or who currently are or may be pregnant or breast-feeding. **Warnings:** The maximum placement period for the ReShape Integrated Dual Balloon is 6 months. The risk of intragastric balloon deflation and intestinal obstruction (and therefore possible complications related to intestinal obstruction) is significantly higher when balloons are left in place longer than 6 months. The presence of blue-green urine or sudden loss of satiety, increased hunger and/or weight gain may be a sign of balloon deflation. Failure of patients to take prescribed daily proton-pump inhibitor medication increases the risk of gastric ulceration or perforation.

**Adverse Events:** Placement of the ReShape Integrated Dual Balloon requires an endoscopic procedure with sedation. Potential risks associated with an endoscopic procedure and sedation include adverse reaction to sedation (headache, muscle pain, nausea), infection, pneumonia, and respiratory distress. Potential risks associated with the ReShape Integrated Dual Balloon include ulceration, perforation, abdominal pain, nausea, vomiting, bloating, belching, heartburn, dehydration, and sore throat. These complications may be severe enough to require early removal of the ReShape Integrated Dual Balloon. Although the ReShape Dual Balloon design provides an anti-migration feature, there is the potential risk of device migration and intestinal obstruction. The risk of intestinal obstruction is increased if the device is not removed after 6 months. If intestinal migration occurs, surgical or endoscopic removal may be required.

**Important:** For full safety information please talk with your doctor, or call ReShape Customer Support at 844-YES-RESHAPE (1-844-937-7374)

**CAUTION: Rx only.**

\*Results and patient experience may vary.

1. ReShape Patient Portal data on file.

**ReShape  
Medical.**

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## ReShape® Customized Coaching

Your personalized, virtual weight management solution.



## We're with You All the Way.

By choosing the *ReShape* Procedure, you've already made a powerful commitment to losing weight, improving your health, and feeling better than ever! To help you navigate your weight loss journey, *ReShape* Customized Coaching offers personalized, virtual coaching designed to enhance and maintain your weight loss success.

Our comprehensive, one-year program is focused on three key areas:

- Changing eating habits
- Enhancing physical fitness
- Adopting a healthy lifestyle

We take a positive approach to weight loss that will help identify the barriers that have prevented weight loss in the past, and will work to understand your unique motivations to keep the weight off in the future. We'll help you make simple lifestyle and mindful eating changes that you can easily incorporate into your life.

Why is Engagement Important?  
**100%**  
More Weight Loss



Patients highly engaged on the patient portal lost 100% more weight compared to those with low engagement.<sup>1</sup>

Virginia lost 72 pounds with the *ReShape* Procedure\*

## An Experience Like No Other.

*ReShape* Customized Coaching is a unique, weight loss solution available exclusively to *ReShape* Balloon patients that combines 1:1 personalized coaching, live interactive classes, data tracking and a community forum—all through a state-of-the-art portal.

We developed the coaching program to help patients like you achieve your weight loss goals and maintain your success long after the *ReShape* dual balloon has been removed.



Coaching helps patients maintain weight loss. *ReShape* patients credit the personalized coaching with helping them maintain their weight loss after the weight loss balloons are removed.

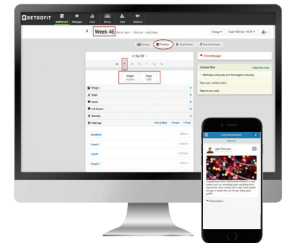
You'll work with your *ReShape* coach to develop new eating, exercise and mindset strategies, including:

- Distinguishing between physical hunger and 'emotional' hunger
- Recognizing 'triggers' that lead to unhealthy eating
- Learning 'mindful eating' strategies
- Incorporating small bursts of activity in your day
- Planning meals and snacks for the week ahead
- Staying on track during travel and holidays

## Harness the Power of *ReShape*!

*ReShape* Customized Coaching is a technology-enabled platform accessible via smartphone, tablet or computer.

- Our online portal is an easy, all-in-one source for tracking food, activity, and weight, scheduling coaching sessions, interacting with other patients and finding resources.
- You'll receive a free wireless scale and can link your own activity (step) tracker\* for easy, automatic logging and updates.



“It's much easier having a group of people help you along the way than doing it by yourself because it's a constant. It's a motivation.”

Michelle lost 32 pounds with *ReShape*\*

\*Not all activity trackers are compatible.