




	Live Session	Proposed Topic	Food and Activity Log Feedback	Messaging
Coaching (12 Months) 	One-on-one video or phone coaching with lots of flexibility to customize to fit the patient's needs		Proactively reaching out with food & exercise log feedback + goal accountability	Reactive feedback to patient questions submitted via portal, text messaging, or e-mail
1	2 sessions (pre and post procedure)	Rapport building & fundamental concepts. Mindset and weight loss	3x/wk	unlimited
2	1 session	Mindful eating	3x/wk	unlimited
3	1 session	Exercise and activity	3x/wk	unlimited
4	1 session	Nutrition	2x/wk	unlimited
5	1 session	Environment: Planning for success	2x/wk	unlimited
6	1 session	Balloon removal preparation	2x/wk	unlimited
7	1 session	Coaching to success after balloon removal	1x/wk	unlimited
8	1 session	Setting smart goals	1x/wk	unlimited
9	1 session	Coaching to success for health living	1x/wk	unlimited
10	1 session	Grocery shopping	1x/wk	unlimited
11	1 session	Coaching to success	1x/wk	unlimited
12	1 session	Keys to success	1x/wk	unlimited
Community 	<ul style="list-style-type: none"> Patients will have access to a ReShape-specific community. Expert-moderated to facilitate a supportive environment. Posts include a variety of resources, tips, recipes, challenges, and opportunities to participate. The patient has the opportunity to post notes, suggestions, recipes, questions, etc at any time. While participating is encouraged, it is completely optional. 			
Classes 	<ul style="list-style-type: none"> Live online classes are offered each week at 15 different day and times, including nights and weekends. The classes are offered on the GoToTraining platform, which can be accessed via smartphone, tablet, or computer. There is a new topic each week, rotating between mindset, nutrition, and exercise Topics are presented by experts in the discipline and offer tips and strategies every class. 			

Primary Focus

Adjusting post-procedure, working with doctors as needed to coordinate care & support, customized meal & exercise plans

Focusing on current & future habit formation; continued customized support & adjustments

Transition off the device, supporting patients with their "new normal" post-removal procedure, customized adjustments to meal and exercise plan



ReShape® Customized Coaching
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