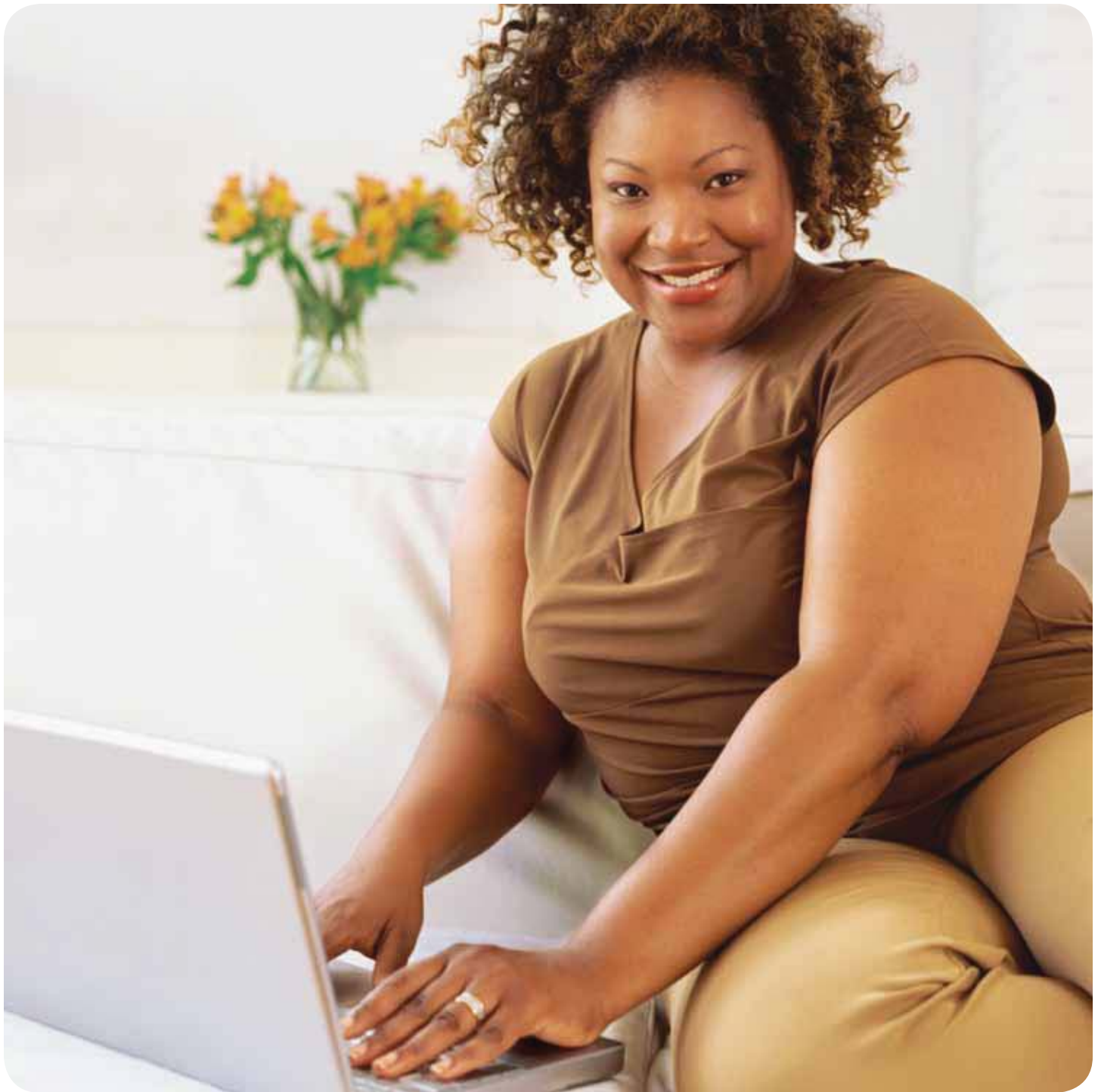




# REALIZE mySUCCESS<sup>®</sup>

Patient User Guide



# Welcome to the REALIZE mySUCCESS<sup>®</sup> Program

Shown to help patients lose significantly more weight\*

Congratulations for taking this step toward living at a healthier weight. Experts agree that to lose weight—and keep it off—weight loss surgery patients require help to adopt a new healthy lifestyle and to stay in touch with their bariatric team. That's why we created REALIZE mySUCCESS<sup>®</sup>.

REALIZE mySUCCESS<sup>®</sup> is a web-based clinical support tool shown to help you not only lose more weight, but also maintain a healthier weight too.

Patients who consistently use REALIZE mySUCCESS<sup>®</sup> lose significantly more weight in the first year after surgery.\*

\*Based on 12 months of patient-reported data from REALIZE™ Band patients consistently using REALIZE mySUCCESS<sup>®</sup>. Consistent use means entering a weight at least 7 out of 8 two-month time intervals over a 12-month period. Source: Ethicon Endo-Surgery, data on file.

# The REALIZE mySUCCESS® Approach

REALIZE mySUCCESS® was designed by bariatric surgeons, dieticians, and behaviorists who identified two essential stages for success following surgery.

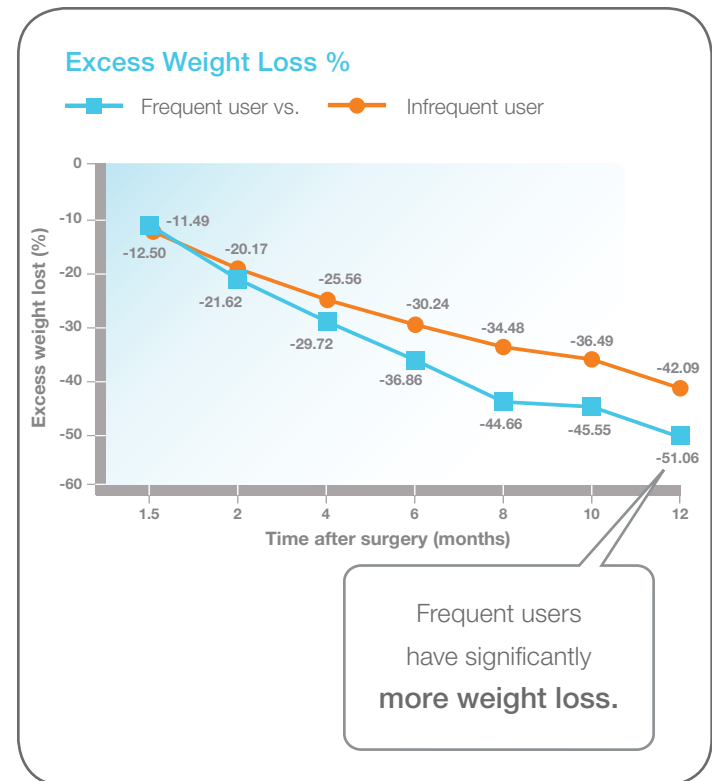
**Stage 1:** Building healthy habits over the first 18 months.

As you set goals with your doctor, REALIZE mySUCCESS® helps you adjust to your new lifestyle. You'll learn and practice strategies that will cement your healthy habits—and help you achieve your healthier weight. In fact, patients who regularly use REALIZE mySUCCESS® lose significantly more weight than those who do not.\*

**Stage 2:** Staying motivated, on track, and connected with your bariatric practice over the next 18 months and beyond.

To help you maintain your healthier weight, REALIZE mySUCCESS® keeps you connected with your bariatric team and allows your doctor to step in precisely when needed to keep you on track. You and your doctor can watch your progress and fine-tune your plan. Meanwhile, you can keep customizing your strategies and practice your healthy habits.

Patients who frequently use REALIZE mySUCCESS® lose significantly more weight.\*



# Get started today!

Anyone considering bariatric surgery is invited to start using REALIZE mySUCCESS®.

Before surgery, you can access pre-surgery features and tools to begin changing your habits and improving your health.

After surgery, by choosing the REALIZE™ Solution (for gastric banding, gastric bypass, or sleeve gastrectomy) that's supported by REALIZE mySUCCESS®, you gain full access to all features and tools, including myPersonalPlan, myProgress, myNutrition, and myFitness and myExperience.

This guide will help you:

- Register for REALIZE mySUCCESS®
- Get acquainted with the site and individual tools that will help you achieve and maintain a healthier weight
- Discover how REALIZE mySUCCESS® will help you make healthy changes in the areas of nutrition, physical activity, and emotional well-being

## Contents

<b>INTRODUCTION</b>	2
<b>REGISTRATION</b>	7
Before bariatric surgery	8
After REALIZE™ Adjustable Gastric Band surgery	10
After REALIZE™ Solution for gastric bypass or sleeve gastrectomy surgery	12
<b>USING REALIZE mySUCCESS®</b>	17
<b>TALKING WITH YOUR DOCTOR</b>	43

Patients who frequently use REALIZE mySUCCESS® lose significantly more weight in the first year after surgery.\*

\*Based on 12 months of patient-reported data from REALIZE™ Band patients using REALIZE mySUCCESS®. Frequent users were in the top third of patients based on frequency of entering a weight into REALIZE mySUCCESS®. Source: Ethicon Endo-Surgery, data on file.



## REALIZE mySUCCESS<sup>®</sup> starts before surgery and

### > Register online by visiting [www.REALIZEmySUCCESS.com](http://www.REALIZEmySUCCESS.com).

- Click on the Patient Login button.
- On the next login screen, select your country, then click "Register."



### > Start using the pre-operative tools to prepare for surgery.

- Find information on preparing for surgery and what to expect during recovery.
- myFoodDiary
- myStats
- myGoals
- mySupportTeam
- myExperience

### > Connect to a bariatric practice trained on the REALIZE<sup>™</sup> Solution.

- Select your surgeon using the search function during registration.
- Update your profile if you select a surgeon after registration.

Full access to REALIZE mySUCCESS<sup>®</sup> is exclusive to patients who choose the REALIZE<sup>™</sup> Solution.



continues well after.

> If you choose the REALIZE™ Solution for gastric banding, gastric bypass, or sleeve gastrectomy, you can gain full access to the site after your surgery. You will be prompted to confirm your surgery date so your practice can verify you are a REALIZE™ Solution patient.

> REALIZE™ Adjustable Gastric Band Patients:

- At the time of surgery, you should receive a REALIZE™ Adjustable Gastric Band Medical Information Card with a unique 16-character Patient Card ID.
- You can update your profile with this 16-character Patient Card ID and gain full access to the site without having to wait for your practice's approval.

> Explore a new world of REALIZE mySUCCESS® features and resources.

- Continue to develop personalized eating and fitness plans
- Envision the new you through theNewMe
- Access all recipes
- Set up appointments and reminders
- Develop strategies for meeting your personal challenges
- Track your progress



The 16-Character Patient Card ID

Important: Medical Information Enclosed



2

REGISTRATION

# How to Register Before Surgery

Go to [www.REALIZEmySUCCESS.com](http://www.REALIZEmySUCCESS.com).

- Click the “PATIENT LOGIN” button
- Select your country
- Click “Register”
- Complete your registration in 5 steps. (You’ll need a valid email address to register.)

- 1 Read and accept the Terms of Use and Privacy Policy.
- 2 Answer the questions about your surgeon, your surgery date, and procedure type if you know it.
- 3 Confirm your surgeon’s information if you know it. If you can’t find your surgeon, call 1-866-REALIZE (1-866-732-5493) for assistance.
  - Choose the box to allow your surgeon to see your progress and step in when needed to keep you on track. You can change your preference anytime under MyProfile. Look on pg 15 to learn what your bariatric provider sees.
- 4 Enter the requested information, including gender, date of birth, starting weight, and height. Click NEXT.

- 5 Finalize your account information. Enter your email address and choose a password. Select a security question. Click FINISH.

Registration complete! Registering before your procedure gives you access to a partial set of site features. Use these tools right away to begin changing your habits and improving your health.

If you choose the REALIZE™ Solution for gastric banding, gastric bypass, or sleeve gastrectomy, you will gain full access to the site after your surgery. You will be prompted to confirm your surgery date. Then after surgery, you will have 21 days for your practice to verify you are a REALIZE™ Solution patient to maintain full access to the site.

Registration Step: 1

Terms of Use and Privacy Policy Quick Help Accepted

Numbers or other special access features on this site, it is your responsibility to program them.

**Links to Other Web Sites**  
This site may contain links or references to other sites that do not have the Privacy Policy stated here. Please be aware that we do not control other sites and that, in any case, this Privacy Policy does not apply to those sites. We encourage you to read the Privacy Policy of every Web site you visit.

**How to Contact Us**  
If you have any questions, comments, requests, or concerns related to this Privacy Policy or the information practices of this site, or if you would like to opt out of future communications, please contact us as follows:

Sherrin Davis-Casper, Inc.  
Attention: Marketing Manager  
4040 Crown Road  
Cincinnati, OH 45242  
1-866-REALIZE (1-866-732-5493)  
servinfo@sherrin.com

**Changes to This Privacy Policy**  
If this Privacy Policy changes, the revised policy will be posted on this site. Please check back periodically and especially before you provide any personally identifiable information. This Privacy Policy was last updated on June 2, 2008.

I have read and accept the Terms of Use and Privacy Policy  
 I do not accept the Terms of Use and Privacy Policy

1

Registration Step: 2

Personal Information Quick Help Accepted

Have you attended a  Yes  No surgery?

Have you scheduled your surgery?  Yes  No

Which surgery did you have or are you considering?

July 2008

2a

Registration Step: 3

Personal Information Quick Help Accepted

Have you attended a  Yes  No surgery?

Have you scheduled your surgery?  Yes  No

Which surgery did you have or are you considering?

July 2008

2b

Registration Step: 4

Personal Information Quick Help Accepted

Have you attended a  Yes  No surgery?

Have you scheduled your surgery?  Yes  No

Which surgery did you have or are you considering?

Genetic Bank

2c

Registration Step: 5

Surgeon Information Quick Help Accepted

To search, enter your surgeon's last name or last name and their state/province and click Search. Select your surgeon from the results and click the "This is my surgeon" option below.

Surgeon's Name:  State:

Surgeon	Street	City	State/Prov
Smith, Dr. Jane	1001 Street 10th Address Line 1, 2 Address Line 3	Madison	SD
Smith, Robert	1001 Street 10th Address Line 2, 2 Address Line 1	Portland	OR
Smith, Dr. Charles	1001 Street 10th Address Line 2, 2 Address Line 1	Portland	OR

This is my surgeon: Dr. Jane Smith  
1001 Street 10th Address Line 2, 2 Address Line 1, 2 Address Line 3

Can't find my surgeon in the list above. Call 1-866-REALIZE for help.

Allow my surgeon's practice to use my personal information on this website (No Privacy)

Allow a site other than mine to use my personal information on this website (No Privacy)

3

Registration Step: 6

Personal Information Quick Help Accepted

First Name:

Last Name:

Address:

City:

State:

ZIP Code:

Gender:  Female  Male

Date of Birth:

Height:  ft  in

Standing Weight:  lbs or  kg

4

Registration Step: 7

Account Information Quick Help Accepted

Your email address will be your unique username and if allowed to a valid email address, we will use to share your information.

Email Address:

Confirm Email Address:

Your password must be between 8 and 16 characters long.

Password:

Confirm Password:

Security Question 1:

Question 1 Answer:

Security Question 2:

Question 2 Answer:

How did you hear about us?

5

# How to Register After Surgery:

## Patients with a REALIZE™ Adjustable Gastric Band

Go to [www.REALIZEmySUCCESS.com](http://www.REALIZEmySUCCESS.com).

- Click the “PATIENT LOGIN” button
- Select your country
- Click “Register”
- Complete your registration in 5 steps. (You’ll need a valid email address to register.)

1 Read and accept the Terms of Use and Privacy Policy.

2 Answer the questions about your surgeon, your surgery date, and procedure type.

– If you have received a Medical Information Card with a 16-character Patient Card ID at the time of your surgery, enter the number when prompted. You will then have permanent full access to the site.

– If you did not receive your Medical Information Card, specify this during registration and your practice will confirm you as a REALIZE™ Adjustable Gastric Band patient.

3 Confirm your surgeon’s information.

– Select your surgeon from the list. If you can’t find your surgeon, call 1-866-REALIZE (1-866-732-5493) for assistance.

– Choose the box to allow your surgeon to see your progress and step in when needed to keep you on track. You can change your preference anytime under MyProfile. Look on pg 15 to learn what your bariatric provider sees.

4 Enter the requested information, including gender, date of birth, starting weight, and height. Click NEXT.

5 Finalize your account information. Enter your email address and choose a password. Select a security answer. Click FINISH.

Registration complete! If you do not have your 16-character Patient Card ID, you will have access to the full site for up to 21 days until REALIZE mySUCCESS® receives confirmation from your practice that you are a REALIZE™ Adjustable Gastric Band patient.

Registration Step: 1

Types of Use and Privacy Policy

Numbers in other special access features on this site, it is your responsibility to configure them.

**Links to Other Web Sites:**  
This site may contain links or references to other sites that are not covered by this Privacy Policy. Please be aware that we do not control other sites and that, in any case, this Privacy Policy does not apply to those other sites. We encourage you to read the Privacy Policy of every Web site you visit.

**How to Contact Us:**  
If you have any questions, comments, requests, or concerns related to this Privacy Policy or the information practices of this site, or if you would like to opt out of future communications, please contact us at the following:  
 Whelan Health-Care, Inc.  
 Attention: Marketing Manager  
 4142 Creek Road  
 Cincinnati, OH 45242  
 1-866-REALIZE (1-866-732-5493)  
 www.rh@whelan.com

**Changes to this Privacy Policy:**  
If this Privacy Policy changes, the revised policy will be posted on this site. Please check back periodically, and especially before you provide any personally identifiable information. This Privacy Policy was last updated on June 2, 2010.

I have read and accept the Terms of Use and Privacy Policy  
 I do not accept the Terms of Use and Privacy Policy

Back Next Cancel

1

Registration Step: 2

Patient Information

Have you scheduled a surgery?  Yes  No

Have you scheduled your surgery?  Yes  No

Which surgery did you have or are you considering?

Back Next Cancel

2a

Registration Step: 3

Patient Information

Have you scheduled a surgery?  Yes  No

Have you scheduled your surgery?  Yes  No

Which surgery did you have or are you considering?

Are you a REALIZE Band patient?  Yes  No

Do you have a Patient Care ID?  Yes  No

A Patient Care ID is based on the REALIZE Medical Information Care your surgeon may have given to you after your surgery. If you don't have it, don't try and proceed with registration. We will contact your practice to verify that you have REALIZE Band surgery.

Patient Care ID:

Back Next Cancel

2b

Registration Step: 4

Surgeon Information

To locate, enter your surgeon's last name or select one of your specialties and click Search. Enter your surgeon from the results and click "This is my surgeon" below.

Surgeon's Name:  State:  Search

Surgeon	Specialty	City	State/Zip
Smith, Dr. John	Realize Band (TM) Address Line 1 Address Line 2	Chicago	IL 60601
Smith, Robert	Realize Band (TM) Address Line 1 Address Line 2	Peoria	IL 61614
Smith, Dr. Charles	Realize Band (TM) Address Line 1 Address Line 2	Peoria	IL 61614

This is my surgeon. Dr. John Smith  
 Can't find my surgeon in the list above. Call 1-866-REALIZE for help.

Allow my surgeon's practice to use my personal information.  
(This will allow your practice to use the REALIZE medical ID for you. Your name does not appear in our magazine, but we will use the name for therapy.)

Allow a real-time update by your surgeon's practice to update you as a patient.

Back Next Cancel

3

Registration Step: 4

Personal Information

First Name:

Last Name:

Address:

City:

State:

ZIP Code:

Gender:  Female  Male

Date of Birth:

Height:

Weight:

Back Next Cancel

4

Registration Step: 5

Account Information

Your email address will be sent to legal@whelan.com and it should be a valid email address. We will not share your information.

Email Address:

Confirm Email Address:

Your password must be between 8 and 16 characters long.

Password:

Confirm Password:

Security Question 1:

Question 1 Answer:

Security Question 2:

Question 2 Answer:

How old are your children?

Back Next Cancel

5

# How to Register After Surgery:

## Patients with the REALIZE™ Solution for Gastric Bypass or Sleeve Gastrectomy

Go to [www.REALIZEmySUCCESS.com](http://www.REALIZEmySUCCESS.com).

- Choose the “PATIENT LOGIN” button
- Select your country
- Click “Register”
- Complete your registration in 5 steps. (You’ll need a valid email address to register.)

1 Read and accept the Terms of Use and Privacy Policy.

2 Answer the questions about your surgeon, your surgery date, and procedure type.

3 Confirm your surgeon’s information.

- Select your surgeon. If you can’t find your surgeon, call 1-866-REALIZE (1-866-732-5493) for assistance.
- Choose the box to allow your surgeon to see your progress and step in when needed to keep you on track. You can change your preference anytime under MyProfile. Look on pg 15 to learn what your bariatric provider sees.

4 Enter the requested information, including gender, date of birth, starting weight, and height. Click NEXT.

5 Finalize your account information. Enter your email address and choose a password. Select a security answer. Click FINISH.

Registration Step: 1

### Types of Use and Privacy Policy

Numbers in other special access features on this site, it is your responsibility to configure them.

**Links to Other Web Sites:**  
This site may contain links or references to other Web sites to which this Privacy Policy does not apply. Please be aware that we do not control other Web sites and that, in any case, this Privacy Policy does not apply to those Web sites. We encourage you to read the Privacy Policy of every Web site you visit.

**How to Contact Us:**  
If you have any questions, comments, requests, or concerns related to this Privacy Policy or the information practices of this site, or if you would like to opt out of future communications, please contact us at the following:  
 Whelan Probi-Care, Inc.  
 Attention: Marketing Manager  
 4140 Creek Road  
 Cincinnati, OH 45242  
 1-866-REALIZE (1-866-732-5493)  
 www.rh@whelanpi.com

**Changes to This Privacy Policy:**  
If this Privacy Policy changes, the revised policy will be posted on this site. Please check back periodically, and especially before you provide any personally identifiable information. This Privacy Policy was last updated on June 2, 2009.

I have read and accept the Terms of Use and Privacy Policy  
 I do not accept the Terms of Use and Privacy Policy

Back Next Cancel

1

Registration Step: 2

### Patient Information

Have you selected a surgeon?  Yes  No

Have you scheduled your surgery?  Yes  No

Which surgery did you have or are you considering?

Back Next Cancel

2

Registration Step: 3

### Surgeon Information

To locate, view your surgeon's Web pages or contact the office of your surgeon, use the Search function. Select your surgeon from the results and click the "This is my surgeon" option below.

Surgeon's Name:  State:  Search

Surgeon	Street	City	State/Zip
Smith, Dr. John	1048 Street 10th Address Line 1, Subline Line 2	Springfield	IL
Smith, Robert	1048 Street 10th Address Line 1, Subline Line 2	Springfield	IL
Smith, Dr. Charles	1048 Street 10th Address Line 1, Subline Line 2	Springfield	IL

This is my surgeon. To:  1048 Street 10th Address Line 1, Subline Line 2, Springfield, IL  
 Can't find my surgeon in the list above. Call 1-866-REALIZE for help.

Allow my surgeon's practice to use my personal information.  
(This will allow your doctor to use the REALIZE website to help you. Your name will appear in our magazine, newsletter, and on the website.)

Allow a Web site outside of your surgeon's practice to contact you as a guest.

Back Next Cancel

3

Registration Step: 4

### Personal Information

First Name:

Last Name:

Address:

City:

State:

ZIP Code:

Gender:  Female  Male

Date of Birth:

Height:

Weight:

Back Next Cancel

4

Registration Step: 5

### Account Information

Your email address will be used to help you schedule and if allowed to be used to send you information. We will not share your information.

Email Address:

Confirm Email Address:

Your password must be between 6 and 16 characters long.

Password:

Confirm Password:

Security Question 1:

Question 1 Answer:

Security Question 2:

Question 2 Answer:

How did you hear about us?

Back Next Cancel

5

# REALIZE mySUCCESS® Tools You Can Use

A partial set of REALIZE mySUCCESS® tools is available before surgery. If you choose the REALIZE™ Solution for gastric banding, gastric bypass or sleeve gastrectomy, you can unlock the full set of features after surgery to help you achieve and maintain your healthier weight. Learn more about these features in the next section.

 = Tools available to all patients before surgery

REALIZE mySUCCESS® Features
<b>myPersonalPlan</b>
myReminders
myNutritionPlan
mySuccessStrategies
myTemptations
mySupportTeam
<b>myNutrition</b>
myFoodDiary
Recipes
<b>myFitness</b>
myFitnessDiary
myFitnessPlan
<b>myProgress</b>
myGoals
myStats
myBandFills
myPics
theNewMe
<b>myExperience</b>
Submit Tips
See Tips Submitted
Answer Questions
See Responses to Questions
Answer Polls
See Poll Results
Search myExperience
Search Articles, Polls, Tips, Questions/Answers

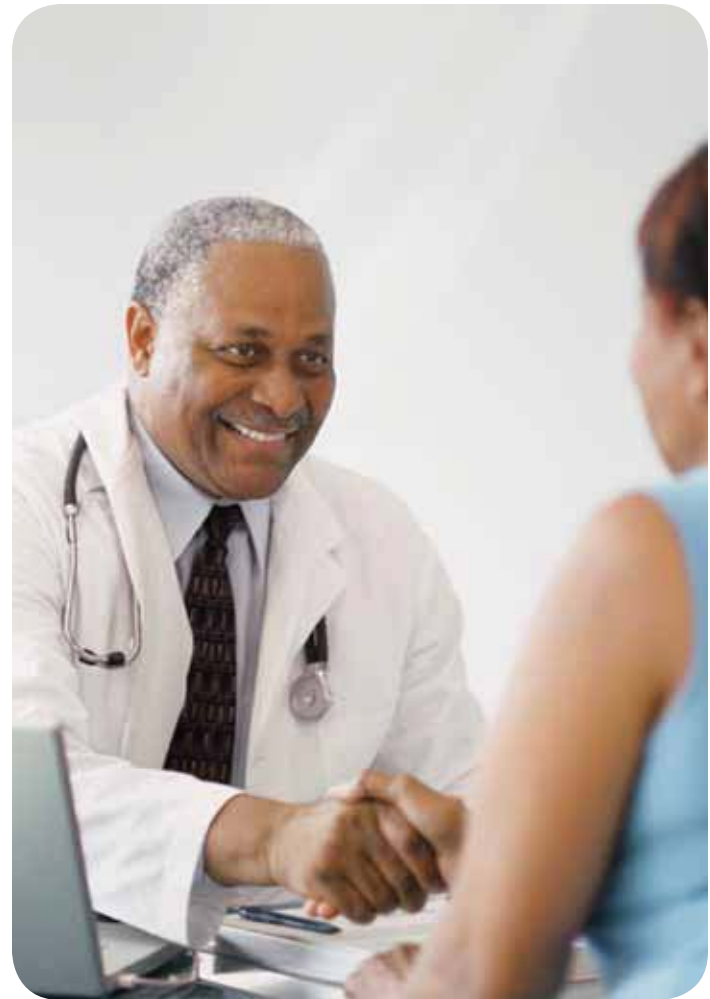
## What Your Bariatric Healthcare Provider Sees

REALIZE mySUCCESS® gives your bariatric provider access to some of the information you enter on the site to help track your progress and to step in precisely when you need help.

Your bariatric provider sees:

- Your weight history
- Your food diary entries
- The 3, 6, and 12-month anniversary of your surgery
- If you regain weight after 3 weeks
- If you hit a weight loss plateau after 4 weeks
- If you haven't logged on to the site for 4 weeks
- If you have chosen a new bariatric practice

Sharing this information with your bariatric provider is recommended since it will help you with your weight loss goals. This information is shared only if you choose to share it during the registration process. You can change your settings under MyProfile at any time. All other information you enter remains private, such as your personal goals, your fitness diary, pictures, and other entries.






# 3


USING REALIZE  
mySUCCESS®


# Using REALIZE mySUCCESS®


## Welcome to REALIZE mySUCCESS®!


REALIZE mySUCCESS® is a personalized tool designed to keep you on the road to better health. It's divided into five sections:

 **myExperience** connects you with other patients so you can share experiences and learn from each other.


 **myProgress** allows you to track your improvement to see how far you've come and where you're going.


 **myPersonalPlan** enables you to create personalized weight loss plans, access coping strategies, and enlist the aid of others for support.


 **myNutrition** gives you a way to develop and follow proven, customized eating plans.

 **myFitness** teaches you how to get and stay moving with activities that interest you.

Other helpful icons include:

 The Print icon to print out your weight charts, progress and goals. These documents will be useful when you visit your bariatric practice. See page 44 for more information.

 The Help link for information about using the REALIZE mySUCCESS® site.

 The Quick Help Tutorials button provides step-by-step guidance within the site.

 Add new entry.

### Where to Start

- Enter your weight weekly on the home page to track your progress.
- Monitor what you eat, your mood and hunger levels, and any tolerance issues in myNutrition > myFoodDiary.
- Set goals and indicate your progress in achieving them in myProgress > myGoals.

The screenshot displays the REALIZE mySUCCESS user interface. At the top, the logo "Realize | mySuccess" is visible on the left, and the user's name "Welcome, Sara" and practice information "Practice Ohio (513) 555-1212" are on the right. Navigation links for "Help", "My Profile", and "Log Out" are also present, along with a search bar.

The main content area is titled "Home" and is divided into several sections:

- Responses from you...:** A section for user questions and answers. It features a question: "What do you tell people? What do you tell people who notice your weight loss, but don't know you have had surgery?" submitted by "Anonymous". Below it is an answer: "Here's What One Patient Says I say 'Thank You' submitted by Stephen - MN". A "Quick Help" icon and a "Search All Questions" link are also present.
- myProgress:** A section for tracking progress. It includes tabs for "Goals Achieved" and "Goals in Progress". A "My Weight Loss" graph shows a flat line at 100 lbs from May '00 to Jul '00. To the right, a "WEIGHT LOST" summary shows "182 lbs." as of "Jun 17, 2009". Below this is an "ENTER WEIGHT" form with a date field set to "Jul 17, 2009" and a "Save" button. A "View myStats" link is at the bottom right.
- myNutrition:** A section with tabs for "Recipes" and "myFitness". It features an article titled "Food Intolerance or Eating Habits?" with a small image of a plate of food. The text reads: "When you feel discomfort when eating, check your eating habits. It may be the food, or it may be how you ate it. Here's a list to self-assess:" followed by two bullet points:
  - Am I eating or drinking too quickly?
  - Am I taking too big of a bite?
 A "Read More" link is at the bottom right.
- Listen (Success Factor #7):** A section titled "Listen to your REALIZE™ Band and pay attention to the signals it sends to your body." It contains a list of signs:
  - Regurgitation, nausea, acid reflux, constipation, and diarrhea may be signs that you need to eat less, eat more slowly, chew thoroughly, or eat different foods.
  - Intolerance to some foods may develop, but specific food intolerance is different for each individual.
  - Dehydration is a sign that you need to drink more fluids.
  - Pressure at the top of your stomach or hiccups are examples of signs that your upper stomach is full. If you continue to eat past these

At the bottom left, a widget shows "21 months since surgery".

# myProgress

## Overview

myProgress helps you celebrate your success, envision the new you, identify weight plateaus, and—if you have a REALIZE™ Band—record band adjustments. Meanwhile, it provides valuable information to your bariatric practice.

### A myGoals

> Helps you set specific goals and review your progress.

### B myBandFills (for band patients only)

> Lets you keep a record of your band adjustments and note the amount of saline added or removed.

### C myPics

> Lets you enter and review up to 36 pictures of your weight loss journey.

### D myStats

> Helps you record weight and inches lost.

### E theNewMe

> Lets you create a 3-D model of yourself based on your goal weight to envision how you might look in the future.

“My favorite areas of REALIZE mySUCCESS® are putting in my weight each week, checking out my stats, and the virtual model. I can put in my old weight and then put in my current and also my goal weight to see how my body will change. And you can change your clothes and your shoes and see how cute you’ll be.”

— *Becky Anton, REALIZE™ Band Patient*

Realize | mySuccess

Welcome, Sara Practice Ohio (513) 555-1212

Help | My Profile | Log Out

Search mySuccess Content

### myProgress

**A** **Goals Achieved** | Goals in Progress

Achieved	GoalDescription
Apr 20, 2008	Educate my family on weight loss surgery by...
Apr 25, 2008	REALIZE Band surgery on April 26th Begin my journey to a healthier me!

[View myGoals](#)

**Band Adjustments**

Band adjustments play an important part in the success of your weight loss program. They are not additional surgeries and are performed in a healthcare professional's office, clinic or hospital. The Realize™ Band comes in one size and is customized to your body's needs via band adjustments.

[Read More](#)

**CURRENT FILL**  
4 cc  
Nov 01, 2008

[Watch Band Adjustments Video](#)

**B** [View myBandFill](#)

**My Weight Loss** | 6 Months

**D**

**WRIGHT LOST**  
59 lbs.  
Oct 26, 2008

**ENTER WEIGHT:**  
195  
Oct 29, 2008  
[Save](#)

[View myStats](#)

**C** **myPics** | **theNewMe** **E**

Add photos for a side-by-side comparison of your progress. Add up to 36 full-body, front and side view photos. Get started by clicking on the View myPics link below.

[View myPics](#)

## myProgress CONTINUED

### myStats—Log Your Weight

Get in the habit of weighing yourself once a week and entering your weight online. Research shows that people who weigh themselves and log their weight weekly are likely to lose more weight than people who don't.

#### Navigation

- > Select the myProgress navigation icon, and then myStats from the menu.

#### Calendar

- > Click the left or right icons to change the date one day at a time. Click the Calendar to select a specific date.

#### Weight Entry

- > Enter your weight in the entry box.

#### Save

- > Click Save to keep your entry.

#### Printing

- > Consider printing your weight chart and weight loss history to take with you to your next visit with your bariatric practice.

Note: You can enter your weight two different ways. This guide shows you how to enter your weight using myStats or the Home page.

**Realize | mySuccess**

Welcome, Sara Practice Ohio (513) 555-1212  
[Help](#) | [My Profile](#) | [Log Out](#)  
 Search mySuccess Content

**myStats**

Wednesday, October 29, 2008 [Quick Help](#)

**Weight**  
 195  
**BMI**  
 --

Enter your weight at least once a week to help track your progress.

**Measurements**

Neck   
 Upper Arm   
 Chest   
 Waist   
 Hip   
 Thigh   
 Clothing Size

*\*To track Total Inches Lost, complete all six body measurements. Clothing size is optional.*

**My Weight Loss** 6 Months

**WEIGHT LOST**  
 59 lbs.  
 Oct 28, 2008

**INCHES LOST**  
 --  
 Sep 28, 2008

**GOAL WEIGHT**  
 160 lbs  
 Save

**My Weight Loss Graph**

Weight (lbs) vs. Time (Apr08 to Oct08)

**My Weight** Last Updated: Oct 29, 2008

Current | History

start | 197 | goal  
 256 232 208 184 160

**My Measurements** Last Updated: Sep 28, 2008

	Size	Neck	Arm	Chest	Waist	Hip	Thigh
Baseline							
Most Recent							
Inches Lost							

## myProgress CONTINUED

### Log Your Weight from the Home Page

#### **A** Today's Weight

- > Enter your weight in the entry box.
- > This form is only to add today's weight. Navigate to myStats to add a weight entry for another date.

#### **B** Save

- > Click Save to keep your entry.

#### FAQs

##### How often should I weigh myself?

Enter your weight once per week to track your progress. Weighing at the same time each week and wearing similar clothing gives more accurate results.

##### Can I change the time period on myWeightLoss chart?

A time period of three months is preset for you. To view different time periods, select from the drop-down menu (3 Months, 6 Months, 1 Year, or 3 Years). The chart displays your weight entries plotted over time. The date of your surgery is marked by a vertical line.

“My favorite area of REALIZE mySUCCESS® is charting my weight goal. I get to look at that graph and I see the weight melt right off—it's fantastic.”

— Don Florek, REALIZE™ Band Patient

The screenshot displays the Realize | mySuccess website interface. At the top, the user is logged in as 'sara' from 'Practice Ohio (513) 555-1212'. Navigation links include 'Help', 'My Profile', and 'Log Out'. A search bar is present for content. The main dashboard is divided into several sections:

- Home:** Features a 'Responses from you...' section with a question: 'What do you tell people? What do you tell people who notice your weight loss, but don't know you have had surgery?' submitted by 'Anonymous'. Below it is a response: 'Here's What One Patient Says I say "Thank You" submitted by Stephen - MW'. A 'Search All Questions' link is also visible.
- myProgress:** Contains a 'My Weight Loss' graph for '3 Months'. The graph shows a flat line at approximately 182 lbs from May 00 to Jun 00. To the right of the graph is a 'WEIGHT LOST' summary box showing '182 lbs.' as of 'Jun 17, 2009'. Below this is an 'ENTER WEIGHT' section with a text input field (circled in red and labeled 'A') containing '182', a date field set to 'Jul 17, 2009', and a 'Save' button (circled in red and labeled 'B'). A 'View myStats' link is located at the bottom right of this section.
- myNutrition:** Includes 'Recipes' and 'myFitness' tabs. A section titled 'Food Intolerance or Eating Habits?' provides advice on recognizing discomfort and includes a self-assessment list:
  - Am I eating or drinking too quickly?
  - Am I taking too big of a bite?
 A 'Read More' link is provided at the bottom of this section.
- Listen (Success Factor #7):** A section titled 'Listen to your REALIZE™ Band and pay attention to the signals it sends to your body.' It lists several signs of intolerance:
  - Regurgitation, nausea, acid reflux, constipation, and diarrhea may be signs that you need to eat less, eat more slowly, chew thoroughly, or eat different foods.
  - Intolerance to some foods may develop, but specific food intolerance is different for each individual.
  - Dehydration is a sign that you need to drink more fluids.
  - Pressure at the top of your stomach or hiccups are examples of signs that your upper stomach is full. If you continue to eat past these

At the bottom left of the dashboard, a button indicates '21 months since surgery'.

## myProgress CONTINUED

### myGoals—Set a Goal

Weight loss is just one way to measure success. Setting and achieving specific goals can be a powerful motivator and can help keep you focused on the road to a healthier you. Use myGoals to develop personal goals and track your progress toward achieving them.

#### **A** Navigation

> Select the myProgress navigation icon and then myGoals from the menu.

#### **B** Add

> Click on Add. A new window will open. Enter the subject and the description of the goal. Then select the status of this goal. Click Save.

#### **C** Edit

> Click on the subject of the desired goal. A new window will open. Update the subject, the text and/or the status. Click Save.

Patients who set goals in REALIZE mySUCCESS® lose significantly more weight than those who do not.\*

#### FAQs

##### Why set goals?

Your weight loss is the path to a healthier, more active, more confident you. Setting and achieving goals is a critical part of your success. Choose goals that really matter to you.

##### How many goals should I set?

Start small—begin with two or three meaningful goals. In the beginning, short-term goals may be easier to accomplish. Over time, add more challenging and longer-term goals. Slow, steady progress can yield big results over time.

##### What are some examples of longer-term goals?

- Being able to get down on the floor to play with kids or grandkids
- Wearing more fashionable clothes
- Being able to sit in stadium or theater seats
- Feeling more confident around others

**Realize | mySuccess.**

Welcome, Sara Practice Ohio (513) 555-1212

[Help](#) | [My Profile](#) | [Log Out](#)

Search mySuccess Content

### myGoals

#### Goals Achieved

Achieved	Goal/Description
Apr 20, 2008	<a href="#">Educate my family on weight loss surgery</a> Talk to each family member about my de...
Apr 26, 2008	<a href="#">REALIZE Band surgery on April 26th</a> Begin my journey to a healthier me!

#### Goals in Progress

Date	Goal/Description
Aug 20, 2008	<a href="#">Avoid Unplanned holiday snacks</a> I can say "no" to junk food and unplan...
May 31, 2008	<a href="#">I don't want to hurt every morning</a> Less weight means less stress on my jo...
Oct 02, 2008	<a href="#">Walk in the 2009 Race for the Cure</a> Increase my stamina and improve my fit...

#### Goals



Your weight loss is a means to a healthier, more active, more confident you. Setting and achieving goals is a critical part of your success. Use this service to track your progress with personal objectives that really matter to you: being able to get down on the floor and play with your kids, lowering your high blood pressure, wearing more fashionable clothing, fitting into stadium and theater seats, or feeling more confident around others.

[Read More](#)

\*Based on 6 months of patient-reported data from REALIZE™ Band patients using REALIZE mySUCCESS® who set a goal sometime within the six month post op period. Source: EES, Data on File.

# myNutrition

## Overview

Healthy eating is about more than weight loss. It's about giving your body the nutrition it needs. The myNutrition section is divided into two main areas: myFoodDiary and Recipes. With the wide variety of choices in Recipes and the proactive planning in myFoodDiary, myNutrition allows you to combine wholesome foods with healthy habits to last a lifetime.

### A myFoodDiary

- > Helps you keep track of the food you eat, identify eating patterns, and highlight trouble spots that can sabotage your weight loss goals
- > Gives you detailed nutritional information for more than 5,000 foods
- > Provides REALIZE™ Band patients with a single-vitamin indicator, a tool to monitor restriction level (Light Fit, Right Fit, Tight Fit), and a place to keep track of foods that cause discomfort
- > Gives gastric bypass and sleeve patients a micronutrients and supplements tracker including multi-vitamins, Calcium, and Vitamins D, B-12, A, E, and K1

### B Recipes Section

- > Helps make meal preparation easier because serving sizes have been adjusted for bariatric patients
- > Gives you over 400 healthy, satisfying, and delicious choices
- > Lets you save favorites for quick access

Realize | mySuccess<sub>SM</sub>

Welcome, Sara Practice Ohio (513) 555-1212

[Help](#) | [My Profile](#) | [Log Out](#)

Search mySuccess Content

## myNutrition

### Getting Enough Liquids

Slider foods are foods or beverages that slide right through your stoma (the location where the band is wrapped around the stomach, creating a tight junction [passage] between the upper and lower stomach chambers) without giving you a feeling of restriction or satisfaction. The band is designed to limit the amounts of solids—not liquids—that you consume. High-calorie drinks are not weight-loss friendly; so, beware of these high-calorie choices that slide down easily:

- Regular soda
- Juice
- Alcohol
- Ice cream
- Milkshake
- Chocolate milk/hot chocolate
- Fancy coffee drinks like trappucinos and cappuccinos
- High-fat cream soups

**B** [Recipes](#) [My Favorites](#)



[Shrimp Stir-Fry](#)  
A ready-to-use stir-fry sauce and simple ingredients will make this light, fresh meal one of your favorites.

[View Recipe](#)

**QUICK RECIPE SEARCH**  
View recipe details and nutritional information.  
Find:  [Search](#)  
[Go to Recipes](#)

**myFoodDiary**

Wednesday, October 29, 2008 [Save](#)

FLUID TRACKER	DAILY VITAMIN	RESTRICTION
 <p>5 glasses of fluid consumed today: 5</p>		

**QUICK FOOD SEARCH**  
View nutritional content or add a food to your daily diary.  
Find:  [Search](#)  
[Go to myFoodDiary](#)

**A**

## myNutrition CONTINUED

### myFoodDiary—Track What and When You Eat

Research shows that people who achieve long-term weight loss often self-monitor with a food diary. In myFoodDiary, you can enter what and when you eat, as well as your mood during meals. You can actively plan your meals, keep track of food intake, and note tolerance issues.

#### A Navigation

- > Select the myNutrition navigation icon and then myFoodDiary from the menu.

#### B Search

- > Click in the Find text box. Enter the food or recipe you wish to add and click Search. Drag and drop the food in the search results from the left into the meal type of your choice in the food diary to your right. Alternatively click the green plus sign next to “add” (+) and select your meal type for this food.

#### C Custom Foods and Favorites

- > If you do not find a food in your search results, add it as a custom food. You can also add recipes. To save your favorite foods, click the green plus sign next to “add” (+) and select “favorite” at the top of the meal types. All your favorite foods will be cataloged under the favorites tab.

#### D Tolerance and Meal Planning

- > Select the tolerance flag (🚫) when you experience trouble with a food. Click on the yellow triangle (⚠️) to indicate if a food was unplanned.

#### E Setting and Mood

- > For each meal or snack, use the drop downs to select the setting where you ate and your mood at the time.

#### F Supplements and Band Fill

- > Band patients will see a daily vitamin and band-restriction tracker (shown).
- > Gastric Bypass and Sleeve Gastrectomy patients will see a Micronutrients & Supplements feature:



Realize | mySuccess<sub>SM</sub>

Welcome, Sara Practice Ohio (513) 555-1212

Help | My Profile | Log Out

Search mySuccess Content

### myFoodDiary

Food Search | My Favorites | My Foods

Find:

Recipes and Recently Eaten Foods

Search foods I've eaten within the last 30 days

Search Custom Foods Only

Enter the food to be added to your diary and click the Search button. If the food is not listed, enter a similar item.

Search Results:

Drag the food item to the appropriate meal time.

Name	Meal Time
Chicken pot pie	
Chicken salad sandwich	
Chicken salad sandwich	
Chicken salad sandwich	
Chicken salad sandwich	
Chicken sandwich	

Add to:

- My Favorites
- Breakfast
- Morning Snack
- Lunch
- Afternoon Snack
- Dinner
- Evening Snack
- Food Grouping...

Wednesday, October 29, 2008

FLUID TRACKER: 8oz cups of fluid consumed today: 4

DAILY VITAMIN:

RESTRICTION:

Meals	Qty	Cal	Fat	Pro	Carb
<b>Breakfast</b>					
<b>Morning Snack</b>					
<b>Lunch</b>					
Setting:	Kitchen/dining table	Mood:	Generally content		
Progress Soup: beef vegets.	0	oz	92.4	1.8	9 / 10.2
Conter: thin wheat, low salt	0	ea	57	2.4	1.2 / 7.8
<b>Afternoon Snack</b>					
<b>Dinner</b>					
<b>Evening Snack</b>					
Planned Food			396.3	6.2	22.4 / 66
Unplanned Food			57	2.4	1.2 / 7.8
<b>Food Totals</b>			<b>453.3</b>	<b>8.6</b>	<b>23.6 / 73.8</b>

## myNutrition CONTINUED

### myFoodDiary—Summary Charts

Becoming aware of situations when you consume more calories can help you identify unhealthy habits. myFoodDiary can summarize your calorie consumption by mood, setting, planned and unplanned calories. Use this information to create plans and coping strategies to overcome your specific challenges.

#### **A** Accessing the Summaries

- > If you have searched and added entries into myFoodDiary, you will need to click the “Clear” button to access these summaries.

#### **B** Selecting the Summary

- > Click the dropdown to select Calories by Mood, Calories by Setting, Planned and Unplanned Calories.

#### Printing

- > Consider printing your Planned and Unplanned Calories, Calories by Mood and Setting charts to take with you to your next visit with your bariatric practice.





## myNutrition CONTINUED

### FAQs

#### Why keep a food diary?

A food diary can help you build healthy eating behaviors. It summarizes the nutrition you're getting, helps you identify eating patterns and behaviors, highlights any trouble spots that keep you from progressing toward your weight goals, and provides a blueprint for adjusting your eating habits.

#### Why record settings and moods?

Why you eat is just as important as what you eat. If you eat at a table with no distractions, it's easier to judge how much you eat and to take small bites. Monitoring your setting and moods when you eat can help you adjust your eating patterns in the future. Use the summary reports in the left hand corner of the food diary to self-reflect and review the mood or setting you are in when you consume the majority of your calories. Use this information to create myPersonalPlan of what you will do to cope with moods that trigger heavy calorie consumption and how you will manage settings that promote temptations for unhealthy food choices.

#### Why track tolerance?

The tolerance flag helps you track foods that you have trouble eating. Keeping track of these problem foods can help you avoid them in the future.

#### What is the restriction icon? (Band patients only)

For band patients, it is important to monitor how restricted you feel as well as how much you eat. The restriction level lets you track one of three levels (Light Fit, Right Fit, Tight Fit) to indicate how restricted you felt that day.

#### Why track if a meal is planned or unplanned?

Often times the lack of planning meals can leave you in a position to resort to unhealthy eating options. Maybe you forgot to go to the store and have no healthy snacks in the house or you're out of the house all day and consider going to a fast food chain. Use the summary reports in the left hand corner of the food diary to self-reflect and review the amount of calories you consume from unplanned meals. If unplanned meals are a challenge for you, use this information to create myPersonalPlan to map out your meals on a regular basis. Then consider setting up myReminders to prompt yourself to do meal planning and specify how you want to be reminded—via text message to your cell phone, an e-mail, or a notification pop-up when you login to REALIZE mySUCCESS®.

### How do I use the food diary information?

After keeping a food diary for a few days, here are some questions you can use to monitor your eating habits.

- What successes have I had?
- Is my diet giving me balanced nutrition?
- Am I being attentive to my eating habits and portion sizes?



# myPersonalPlan

## Overview

You are unique and your weight loss plan should be, too. In myPersonalPlan, you'll find a variety of tools to help you customize your program and proactively plan for success.

### myReminders

- > Helps you stay organized as you change your lifestyle.
- > Lets you create reminders for tasks and appointments critical to achieving your goals and have them sent to your mobile phone or email.

### myNutritionPlan

- > Helps you build a solid nutritional foundation as you develop a lifelong commitment to healthy eating.
- > Guides you in planning your meals, learning to eat and drink in a new way, and controlling your portions.

### myTemptations

- > Helps you identify times when you are most tempted to eat for reasons other than hunger.
- > Helps you plan ways to deal with those issues.

### mySuccessStrategies

- > Helps you develop methods for coping with challenging situations that can threaten your healthy eating plan.
- > Helps you understand that planning ahead is your best line of defense.

### mySupportTeam

- > Helps you identify the family members, friends, support groups, and healthcare professionals you can rely on most for encouragement and advice.

### Printing

- > Consider printing myPersonalPlan to take with you to your next visit with your bariatric practice.

The screenshot shows the myPersonalPlan web interface. At the top, it says "Realize | mySuccess." and "Welcome, Sara Practice Ohio (513) 555-1212". There are links for "Help", "My Profile", and "Log Out", and a search bar. The main content area is titled "myPersonalPlan" and has two tabs: "Reminders" (marked with callout A) and "Appointments". The "Reminders" tab contains a message about tasks and a link to "Add Reminder" or "View myReminders". Below this is a section titled "Eliminate Grazing" with a paragraph of text. On the right side, there is a "myPersonalPlan" sidebar (marked with callout B) containing a "myNutritionPlan" section (marked with callout C) with three numbered items under "Drink enough fluids", "Eliminate grazing", and "Good portion control". Below the nutrition plan are three more sections: "myTemptations" (marked with callout C), "mySuccessStrategies" (marked with callout D), and "mySupportTeam" (marked with callout E). A "View all" link is also present at the bottom of the nutrition plan section.

# myFitness

## Overview

Adding activities you enjoy to your daily routine can make a real difference, not only to your weight loss but also to the way you look and feel. myFitness is divided into two main areas: myFitnessPlan and myFitnessDiary.

### myFitnessDiary

- > Lets you record your activity level, including everyday activities like gardening or cleaning.
- > Shows Estimated Calories Burned for each activity session and allows you to add a personal note, such as number of laps, distance, or which walking trail you used.
- > Charts progress to show how far you've come, including total calories burned and minutes of activity logged each day.

### myFitnessPlan

- > Makes it easy to develop your fitness goals and the steps needed to achieve them.
- > Helps you break larger goals into manageable steps to give you a clear path forward.
- > Helps you choose from a wide variety of activities.
- > Lets you review and adjust your plan as your fitness level increases.

### Printing

- > Consider printing your fitness plan, fitness diary, and calories burned charts to take with you to your next visit with your bariatric practice.

Realize | mySuccess

Welcome, Sara Practice Ohio  
[Help](#) | [My Profile](#) | [Log Out](#)  
 Search content

### myFitness

#### Before You Get Physical, Get a Physical



Don't forget to consult with your physician before beginning any new exercise program. According to Raphael Calzadilla, Chief Fitness Professional for eDiets, people often underestimate the importance of getting their doctor's approval.

[Read More](#)

#### Vacuuming



25 minutes of vacuuming around your home will burn just about 100 calories. Click Read More for more ways to burn 100 calories.

[Read More](#)

**QUICK ACTIVITY SEARCH**

View fitness content or add an activity to your daily diary

Find:  [Search](#)

[Go to myFitnessDiary](#)

#### myFitness Progress A

Calories Burned B

Start: 09/29/2006 End: 10/29/2006 [Go](#)



Date	Total Calories
Sat 10/25	250
Sun 10/26	230
Mon 10/27	200
Tue 10/28	210
Wed 10/29	130

HEART RATE: 130 bpm to 150 bpm

FITNESS GOAL: 30 min. 3 days/wk

[Edit Fitness Goals](#)

Calories burned may vary by individual

#### myFitnessPlan B

**Gardening**

1. Water and weed at least once a day.

**Walking**

1. Choose parking spots that are farther away from the door.

**Stretching**

1. Go to View All Articles and read the stretching ideas in the Fitness category.

[View myFitnessPlan](#)

# myExperience

## Overview

myExperience lets you learn from other patients, hear from healthcare professionals, submit your own tips and post answers to commonly asked questions. You can also share your experiences and see what others are doing through opinion surveys or polls.

### **A** Tips for You

- > See the helpful suggestions offered by other patients, and share your own tips.
- > Find other interesting tips using the Search All Tips feature.

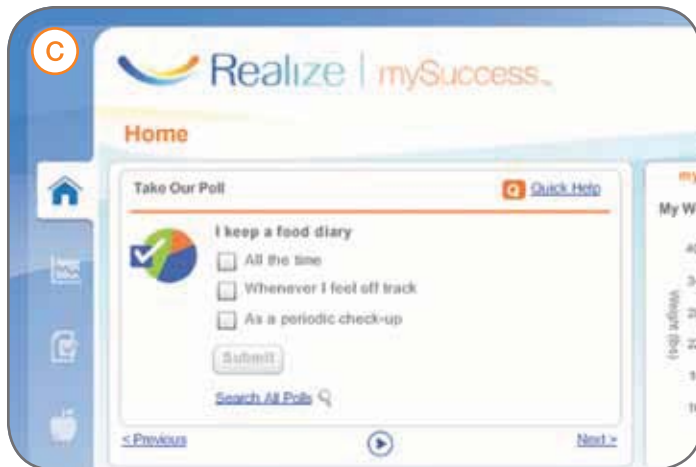
### **B** Share Your Thoughts

- > Share your experience by submitting answers to questions.
- > Search for past questions and answers on topics of interest to you.

### **C** Take Our Poll

- > Participate in polls to share what you've been doing to adjust to your new, healthy lifestyle—and find out what others are doing.

With REALIZE mySUCCESS®, you'll create a weight loss plan customized to your personal needs. It will help you take a healthy approach to physical activity, nutrition and emotional well-being.





# 4

TALKING WITH  
YOUR DOCTOR

## When You See Your Bariatric Provider

When you meet with your bariatric provider, consider printing and sharing information from REALIZE mySUCCESS<sup>®</sup> such as:

- Your weight chart and weight loss history, see pages **22–23**
- Your goals, goals achieved, or goals in progress, see pages **26–27**
- Your food diary, calories consumed by mood, calories consumed (planned vs. unplanned), and calories consumed by setting, see pages **32–33**
- Your personal plan, see pages **36–37**
- Your fitness plan, fitness diary, or calories burned or duration of activity, see pages **38–39**





For more information about the REALIZE™ Solution,  
visit [www.REALIZE.com](http://www.REALIZE.com)  
or call 1-866-REALIZE (1-866-732-5493).

