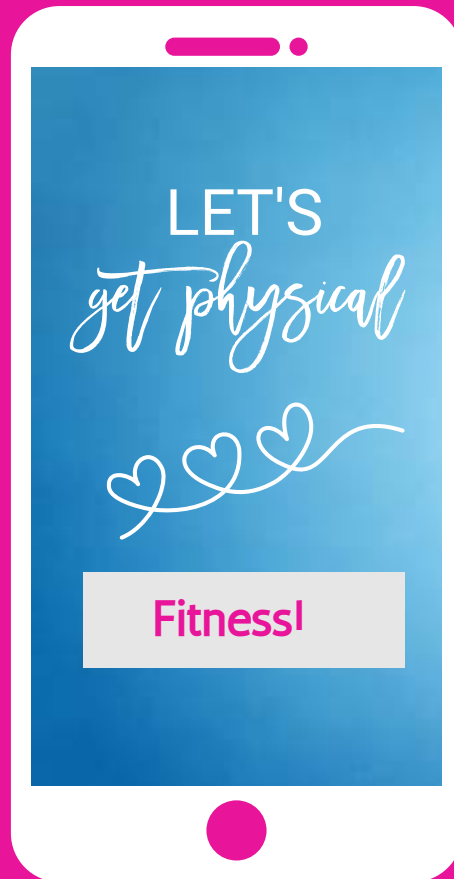
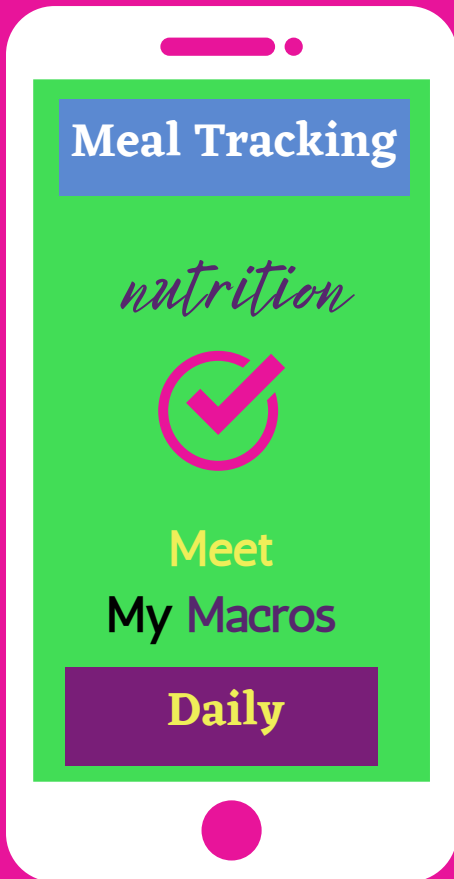


24

Bariatric Surgery Tracking Tools



24



Bariatric Surgery Tracking Tools



BRENDA HOEHN, MSN, BSN, RN, CHTP

ProCare Health- Life Support

Bariatric Nurse

Certified Life Coach and Speaker

Certified Healing Touch Practitioner

Bariatric Advocate

Bariatric Patient - VSG 6/2012

**DISCLAIMER: We are not associated with any of the apps associated with this program - unless otherwise stated.*



NUTRITION & MEAL TRACKING

Baritastic



THE BARITASTIC APP ALLOWS YOU TO SET REMINDERS FOR MEALS, SNACKS, AND FLUID CONSUMPTION. IT PROVIDES A FORUM TO LOG DAILY FOOD AND FLUID INTAKE, WEIGHT LOSS, AND INCHES LOST! AND SOME CAN CONNECT WITH THEIR BARIATRIC PROGRAM.

Bariatric surgery is a journey
Baritastic will help you along the way.



Robust trackers to help get you to goal.



Set reminders
For protein shakes, water and vitamins after surgery



Track your journey with photos and notes.



2

NUTRITION & MEAL TRACKING

My Fitness Pal



MYFITNESSPAL CAN HELP YOU SET CALORIE DEFICIT GOALS BASED ON YOUR CURRENT WEIGHT, LOG YOUR FOOD INTAKE, PLAN MEAL PREP AND TRACK YOUR WORKOUTS.

Achieve your health and weight goals

by tracking your food and learning along the way.



Carb Tracking

Fat Tracking

Protein Tracking

Track by Gram or %



Prioritize a balanced diet

by customizing your macronutrient ratio goals.

Log food quickly

with our extensive database (including 1000s of restaurant dishes).



Scan barcodes to save time

and log store-bought food instantly.

Mixed nuts	
Nutrition Facts	
Calories	110
Total Fat	10 g
Cholesterol	0 mg
Sodium	80 mg
Total Carbohydrates	0 g
Protein	0 g
Calcium	4%
Iron	4%





NUTRITION & MEAL TRACKING

My Plate



MEET HEALTHY EATING GOALS ONE AT A TIME! USE THE START SIMPLE WITH MYPLATE APP TO PICK SIMPLE DAILY FOOD GOALS, SEE REAL-TIME PROGRESS, AND EARN BADGES ALONG THE WAY.

USDA
ENS

Start Simple with MyPlate app

From a national health authority >

MyPlate

Pick Goals

Pick goals within the MyPlate food groups

Share

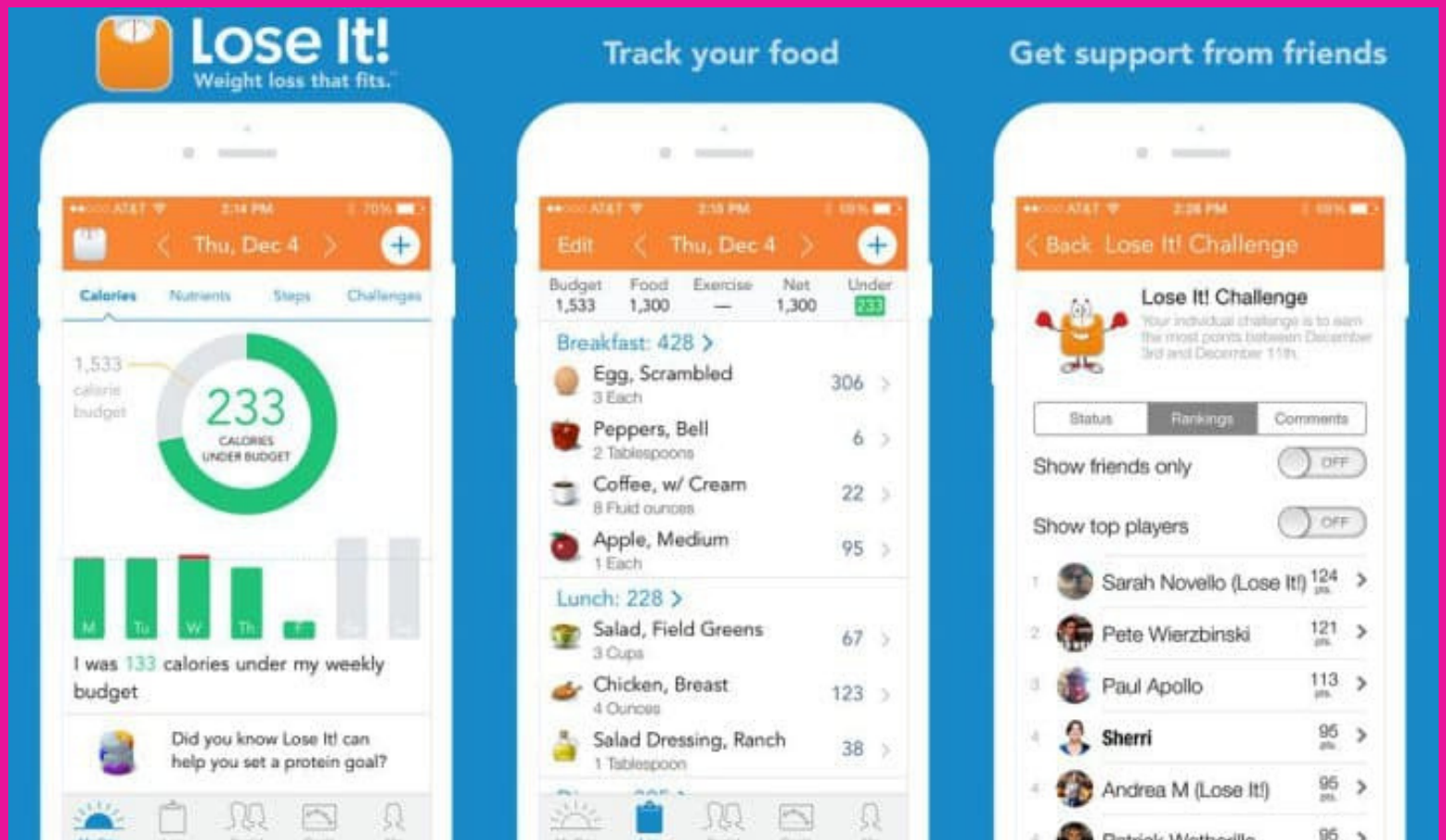
Watch on YouTube

4

NUTRITION & MEAL TRACKING

Lose it 

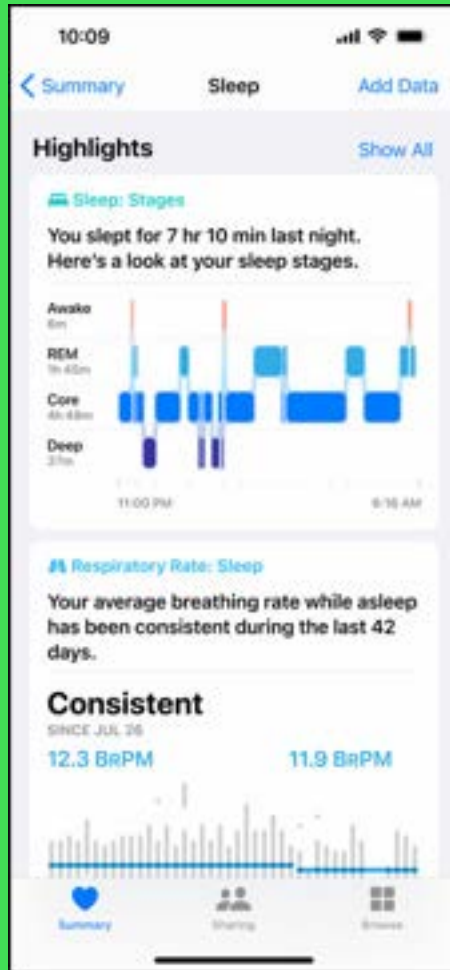
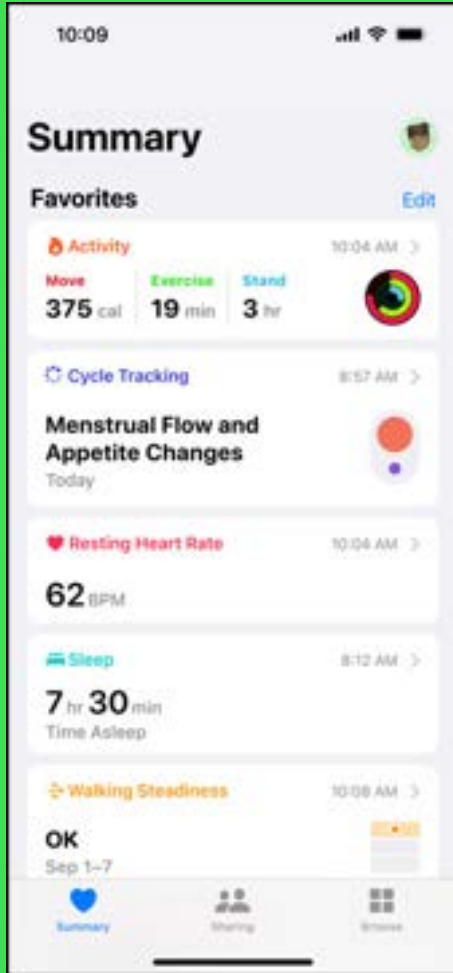
WHETHER YOU'RE LOOKING TO LOSE WEIGHT, TONE UP, OR JUST WATCH WHAT YOU EAT, FOOD TRACKING IS KEY. WITH AN INTUITIVE INTERFACE, BEST IN CLASS BARCODE SCANNER, DATABASE OF OVER 50 MILLION FOODS, AND CALORIE SCHEDULE THAT LETS YOU PLAN TO EAT MORE ON THE WEEKENDS, LOSE IT! MAKES TRACKING EASY. *MAY NEED TO GET PREMIUM TO GET ALL FEATURES, BUT PRICING IS LOW (\$29-39 PER YEAR).*



5

FITNESS WORKOUTS & TRACKING

Smart Phone Apps



APPLE HEALTH



SAMSUNG HEALTH



TRACK ACTIVITY, HEART RATE, SLEEP SCHEDULES, STEPS, CONNECT WITH OTHER APPS (LIKE AN APPLE WATCH), TRACK MEDICATIONS, AND IRREGULARITIES LIKE ATRIAL FIB.

6

FITNESS WORKOUTS & TRACKING



*FITON IS A VIDEO FITNESS APP THAT FEATURES WORKOUTS IN A WIDE RANGE OF STYLES, INCLUDING WEIGHT TRAINING, STRETCHING AND YOGA, KICKBOXING, HIGH-INTENSITY INTERVAL CARDIO (HIIT), DANCE, BARRE, MEDITATION, AND FAR MORE. ITS WORKOUTS ARE ALL FOLLOW-ALONG VIDEOS, WITH NEW ONES PUBLISHED EVERY DAY. IT'S FREE! *ADD ON FEATURES MEAL PLANS.*

The collage consists of four vertical panels:

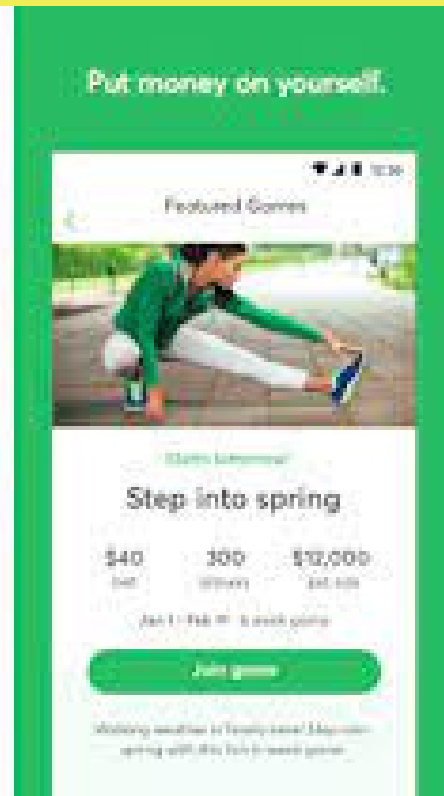
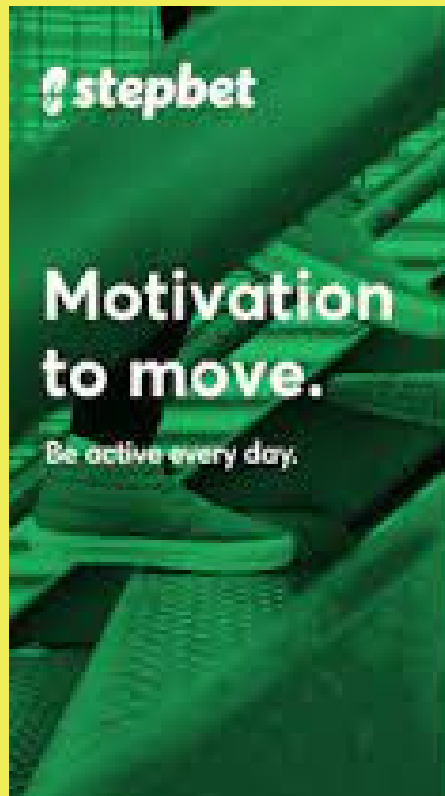
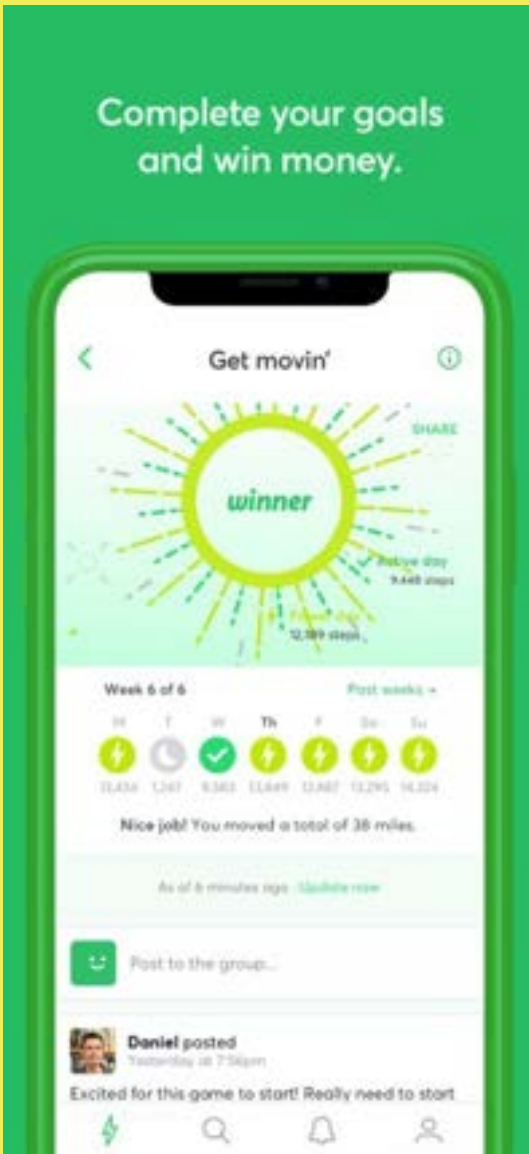
- Panel 1:** A woman in a red sports bra and dark leggings is smiling. Text: "GET IN YOUR BEST SHAPE". Badges: "App Store App of the Day", "350K+ 5-Star Reviews". Logos: "USA TODAY", "People", "Women's Health", "Forbes", "Us".
- Panel 2:** A woman in a brown sports bra and leggings stands next to a smartphone displaying a "BROWSE" grid of workout thumbnails. Text: "A FULL GYM IN YOUR POCKET".
- Panel 3:** A woman in a blue sports bra and white leggings is in a dynamic pose. Text: "UNLIMITED ACCESS TO WORLD'S BEST WORKOUTS". List of workout types: "HIIT. CARDIO. YOGA. STRENGTH. BARRE. MEDITATION. TONING. PILATES. DANCE. + More".
- Panel 4:** A woman in a blue sports bra and leggings stands next to a smartphone showing a "Target Area" selection screen with icons for "Body", "Abs", "Arms", "Total Body", "Legs", and "Back". Below are "Time" (15-20, 10-20, 30) and "Intensity" (Low, Medium) options.

7

FITNESS WORKOUTS & TRACKING

Step Bet

STEPBET IS A FITNESS GAME THAT MOTIVATES YOU TO BE MORE ACTIVE. PLAYERS “BET” ON THEMSELVES TO MEET THEIR PERSONALIZED STEP GOALS DURING EVERY WEEK OF THE GAME, AND WIN MONEY IF THEY DO. THE CASH PRIZE, ACCOUNTABILITY, AND COMMUNITY SUPPORT HELP YOU BUILD A MORE ACTIVE LIFESTYLE.





FITNESS WORKOUTS & TRACKING

YouTube

THERE IS NO LIMIT TO THE AMOUNT OF WORKOUT AND FITNESS CONTENT ON YOUTUBE—FOR BETTER OR FOR WORSE. WHETHER YOUR FAVORITE PILATES STUDIO IS CLOSED OR YOU'RE JUST TRYING TO SAVE MONEY BY NOT SIGNING UP FOR A FANCY GYM, YOUTUBE WORKOUT VIDEOS ARE A GREAT WAY TO STAY IN SHAPE FOR FREE. BUT WHERE DO YOU START? DO YOUR RESEARCH - TALK WITH FRIENDS / GOOGLE "BEST WORKOUTS".

**Watch ProCare Health's
Yoga Series with Dr Connie Stapleton!**



9

BEHAVIORAL & EMOTIONAL CHANGE

Calm and Headspace



IF YOU'RE LOOKING FOR MORE OF A MEDITATION-FOCUSED APP, THEN HEADSPACE IS THE RIGHT CHOICE FOR YOU. IF YOU'RE LOOKING FOR A WIDER VARIETY OF CONTENT IN ADDITION TO MEDITATIONS, CALM IS PROBABLY A BETTER FIT. *FREE TRIALS.

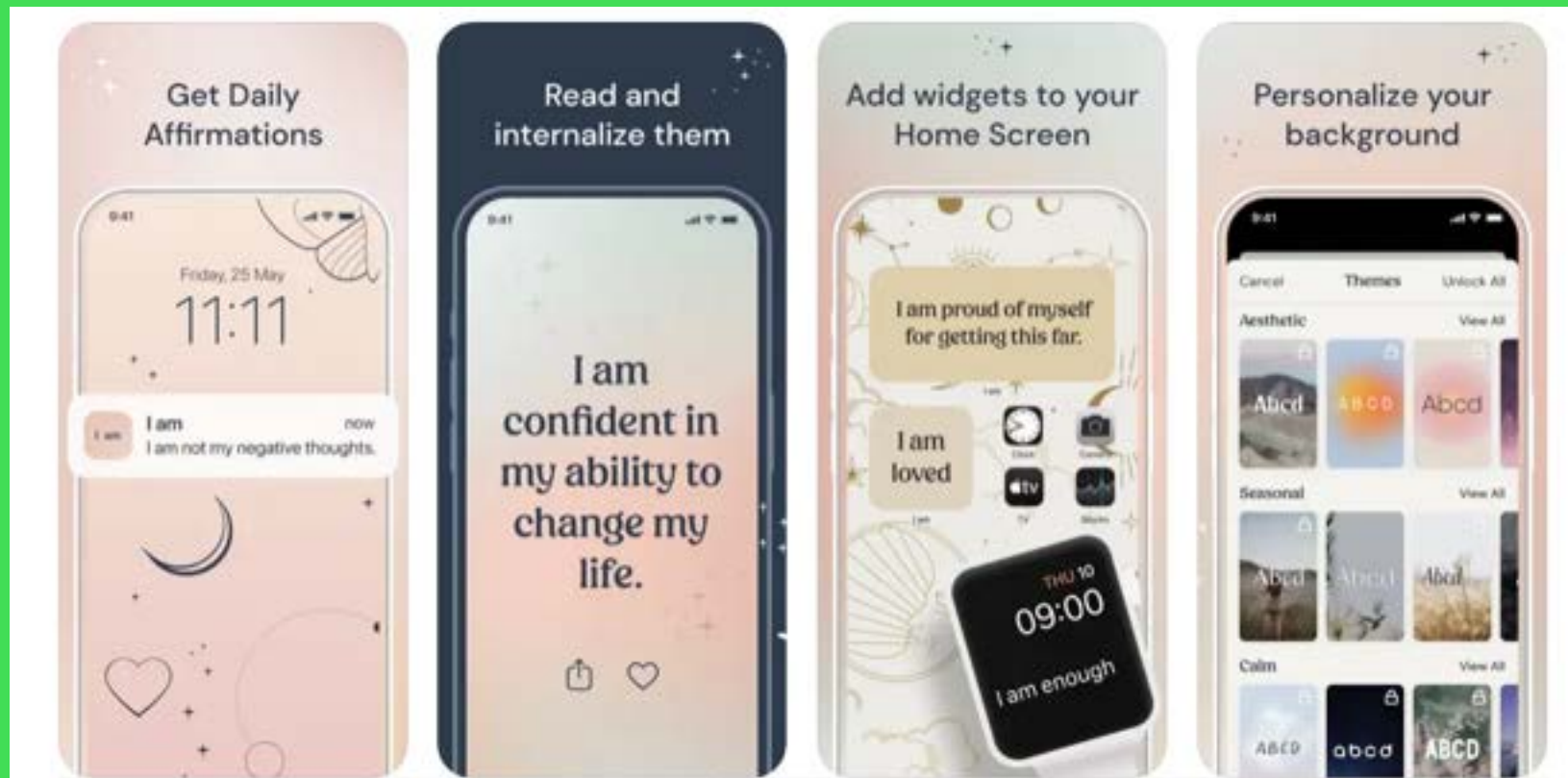
The graphic is split into two halves by a diagonal line. The left half has a green background and features the Headspace logo (an orange circle and the word 'headspace') at the top. Below the logo is an illustration of a woman in a meditative pose next to a smartphone displaying the Headspace app interface, which includes a 'Basics' section with a 'Play' button. The right half has a dark blue background with the Calm logo (a blue rounded square and the word 'Calm') at the top. Below the logo is an illustration of a woman in a meditative pose next to a smartphone displaying the Calm app interface, which includes a 'Daily Calm' section and a 'Daily Trip' section. A white circle with the text 'VS' is positioned in the center where the two halves meet.



BEHAVIORAL & EMOTIONAL CHANGE

I am

HOW MANY NEGATIVE THOUGHTS HAVE BEEN ENDLESSLY REPEATING IN YOUR MIND? DAILY AFFIRMATIONS HELP REWIRE OUR BRAINS, BUILD SELF ESTEEM AND CHANGE NEGATIVE THOUGHT PATTERNS. EMPOWER YOURSELF BY VERBALLY AFFIRMING YOUR DREAMS AND AMBITIONS. CHOOSE FROM MANY DAILY INTENTIONS AND SET REMINDERS TO BE DELIVERED THROUGHOUT THE DAY.





BEHAVIORAL & EMOTIONAL CHANGE

Podcast apps



GET DAILY INSPIRATION BY LISTENING TO YOUR FAVORITE PODCAST WHILE GETTING READY FOR WORK, WALKING, OR DRIVING - ON SPOTIFY, PANDORA, GOOGLE PODCASTS, APPLE PODCASTS, AMAZON MUSIC, OVERCAST, AUDIBLE, IHEART, AND YOUTUBE!

***BRAND NEW* NOW LISTEN TO BARI CONNECTED IN PODCAST FORM!**

OTHER RECOMMENDED BARIATRIC PODCASTS:

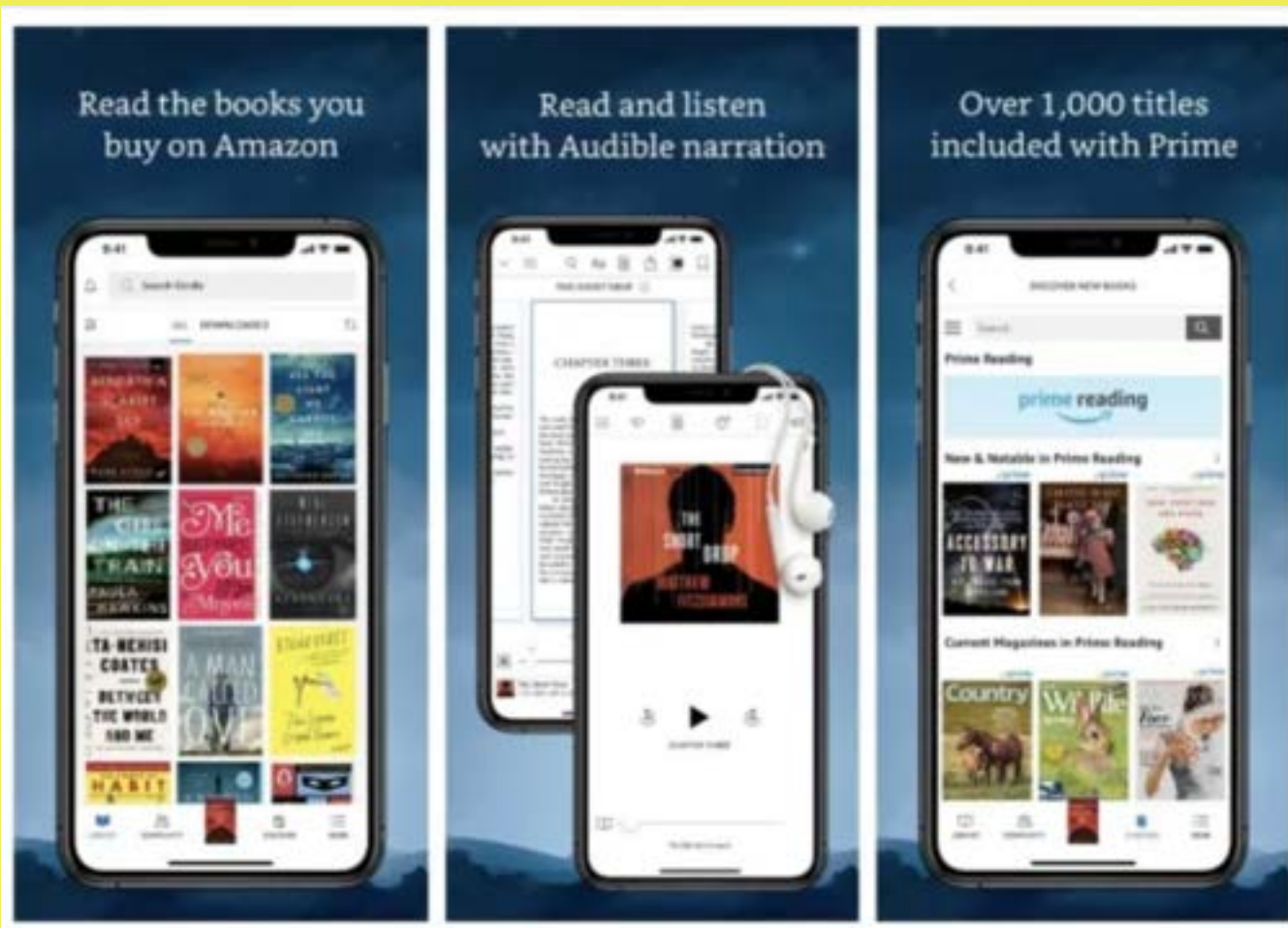
- OUR SLEEVED LIFE -WITH MEL AND KELLIE
- BARIATRIC SURGERY SUCCESS - DR SUSAN MITCHELL
- BARINATION PODCAST





BEHAVIORAL & EMOTIONAL CHANGE

Kindle 



KINDLE IS AVAILABLE ON BOTH IPHONES AND ANDROID VERSIONS.

YOU CAN EASILY PURCHASE BOOKS AND READ AND LISTEN!

IF YOU HAVE A PRIME MEMBERSHIP - YOU WILL HAVE ACCESS TO OVER 1,000 FREE BOOKS!

JOIN BOOK CLUBS AND SHARE EXPERIENCES WITH YOUR PEERS!

• THE BARIATRIC SOCIETY

13

RECIPES

Pinterest



MAKE AN ACCOUNT ON PINTEREST. IT'S FREE!

- FIND RECIPES THAT YOU LIKE.
- PIN & SAVE THEM ON YOUR BOARDS

SOME PINNING & BOARD SUGGESTIONS:

- HEALTHY RECIPES
- MEAL PREP
- FAST & EASY MEALS
- LOW CALORIE APPETIZERS
- SALADS
- BREAKFAST OF CHAMPIONS
- DRINK SPECIALS
- HOLIDAY RECIPES
- INSTAPOT RECIPES



14

RECIPES

Food Network Kitchen



GET THE KITCHEN HELP YOU NEED TO BE A MORE CONFIDENT COOK ALL AT YOUR FINGERTIPS WITH FOOD NETWORK KITCHEN.

STREAM ON-DEMAND COOKING CLASSES WITH FOOD NETWORK STARS, AWARD-WINNING RESTAURANT CHEFS, BEST-SELLING COOKBOOK AUTHORS, CULINARY EXPERTS - AND EVEN SOME SURPRISE CELEBRITY GUESTS!

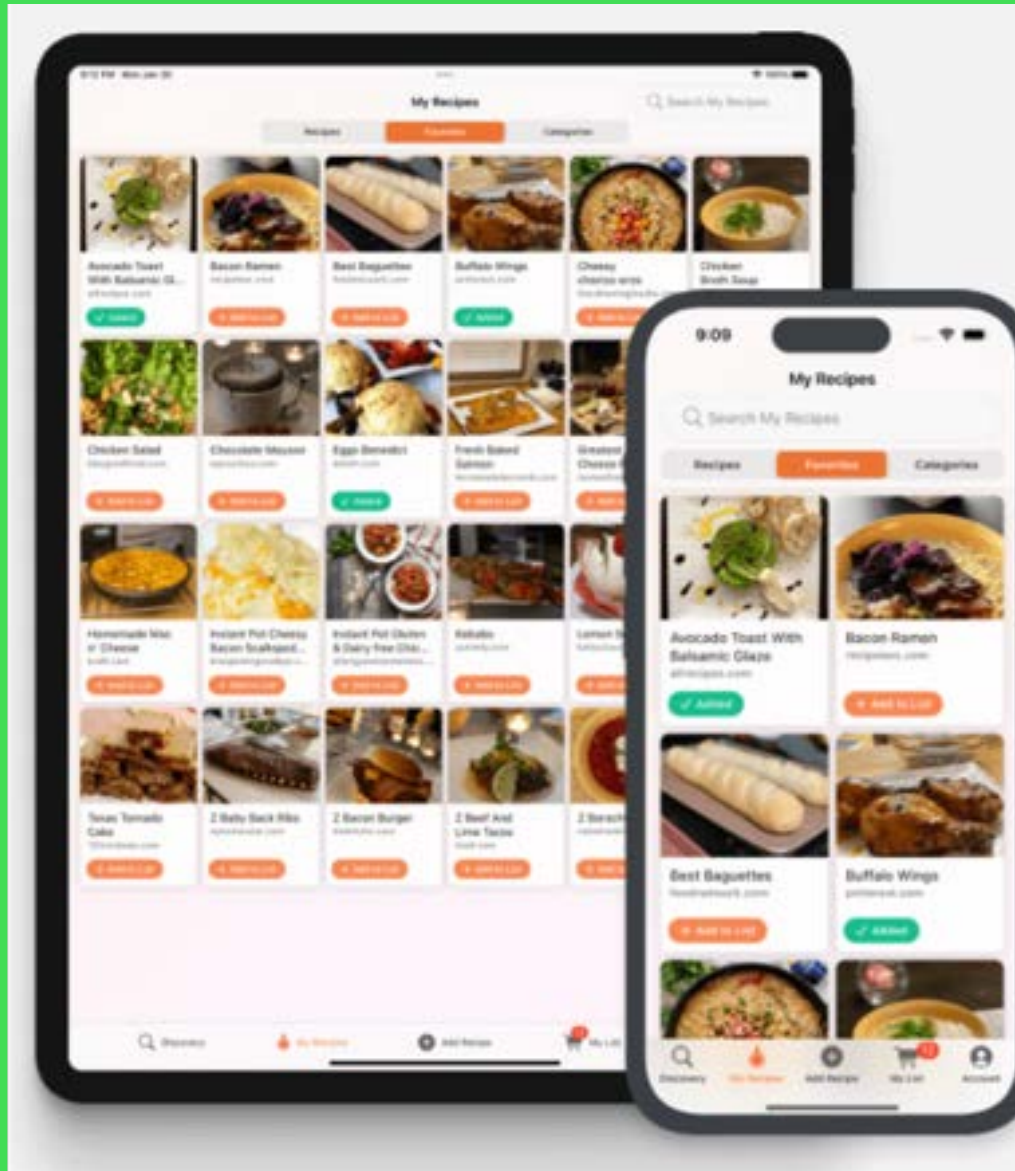
SEARCH MORE THAN 80,000 TRUSTED RECIPES FOR EVERY CUISINE AND OCCASION IMAGINABLE, SAVE YOUR FAVORITES IN ONE PLACE TO ACCESS LATER!



15

RECIPES

RecipeBox



RECIPEBOX IS YOUR ULTIMATE KITCHEN COMPANION. BUILT WITH THE AT-HOME COOK IN MIND, RECIPEBOX ALLOWS YOU TO SAVE YOUR FAVORITE RECIPES IN ONE PLACE. IT'S YOUR ALL-INCLUSIVE KITCHEN ASSISTANT. WITH RECIPEBOX,

YOU CAN ORGANIZE RECIPES AND GROCERY SHOP IN THE APP. UPGRADES LIKE MENU PLANNING AND GROCERY LISTS AVAILABLE.

SAVE YOUR RECIPES FROM PINTEREST, FOOD NETWORK, ALLRECIPES, ETC.



16

RECIPES

Recipe Keeper



YOUR PERSONAL COOKBOOK

SHOPPING LIST

MEAL PLANNER

SHARE WITH FRIENDS AND FAMILY

SYNC ACROSS DEVICES

SUPPORT TEAM

*THE FREE VERSION WORKS EXACTLY
THE SAME AS THE PRO VERSION,
EXCEPT YOU GET A LIMITED
NUMBER OF RECIPES.*



17

PROGRESS TRACKER

Inevifit (scale tracker)



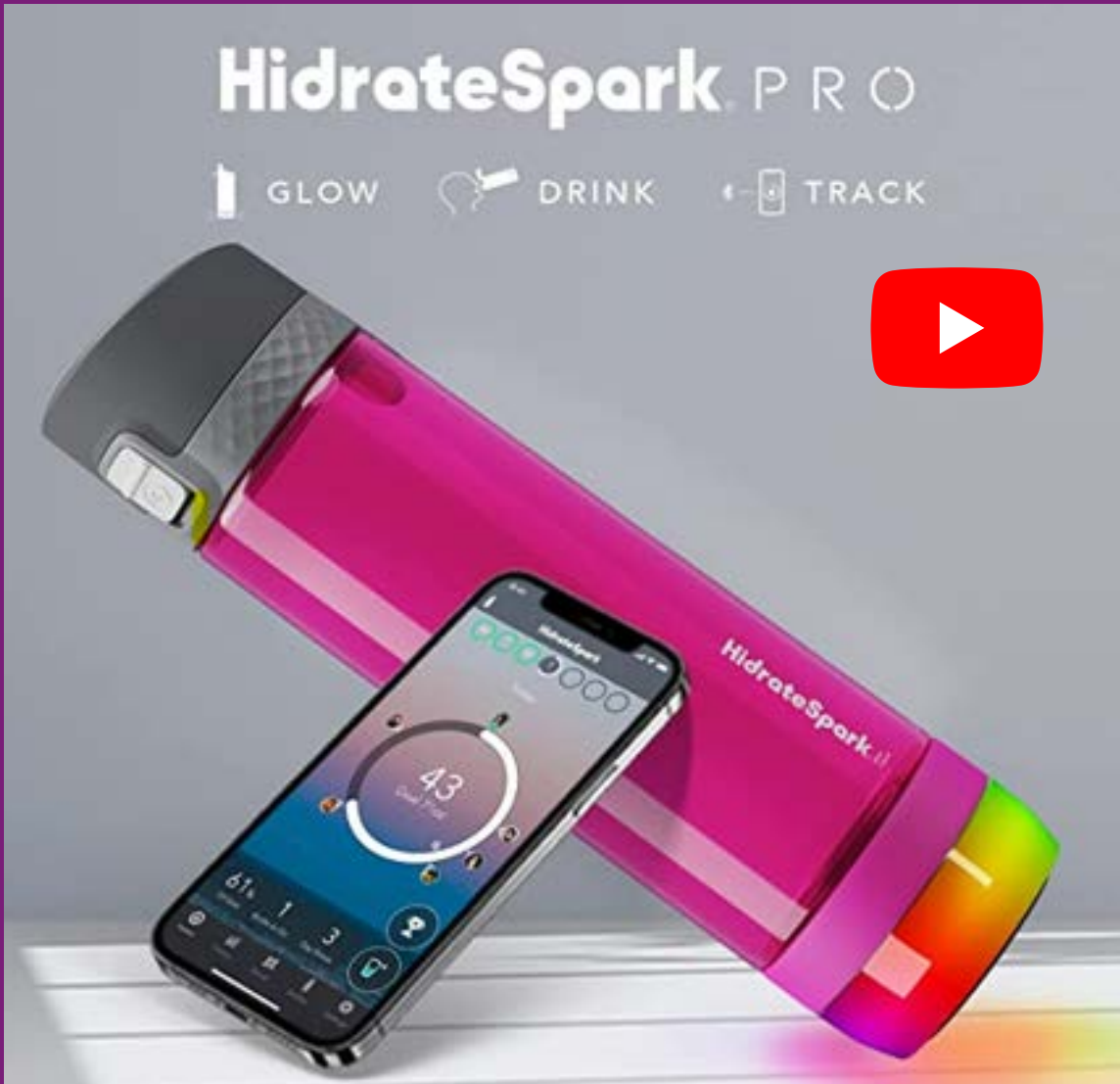
- *TRACKS: BODY WEIGHT, BODY FAT PERCENTAGE, WATER, MUSCLE MASS, BMI, BMR, BONE MASS AND EVEN VISCERAL FAT SYNCs DIRECTLY TO SMARTPHONE.*
- *YOUR WHOLE FAMILY TO GET & STAY HEALTHY. THE BEST PART IS THAT IT SEAMLESSLY SYNCs WITH YOUR FAVORITE HEALTH APPS & SERVICES: FITBIT, APPLE HEALTH, AND GOOGLE FIT. SET SEPARATE PROFILES*
- *WEIGH UP TO 400 LBS.*

PRICE APPROX \$39-99 ON INEVIFIT AND AMAZON

18

PROGRESS TRACKER

Water bottles



HIDRATESPARK PRO

AVAILABLE IN PLASTIC OR STAINLESS STEEL

LED SMART SENSOR "PUCK" GLOWS TO REMIND YOU WHEN IT'S TIME TO DRINK AND TRACKS YOUR WATER INTAKE BY SYNCING VIA BLUETOOTH TO THE HIDRATESPARK APP.

CHOOSE FROM 3 SIZES AND 2 LID OPTIONS AND MAKE IT YOUR OWN WITH CUSTOM GLOW COLORS IN THE APP.

PRICE \$20-90



19

PROGRESS TRACKER

Smart Watch



Resource comparison: [Very Well Fit](#)

Both brands offer outstanding, high-quality wearables. Fitbit has more budget-friendly options, superior battery life, and better health and fitness tracking than the Apple Watch. The Apple Watch edges out the Fitbit in terms of accuracy, convenience, and extra features, but it is more pricey.

Fitbit \$60-300 / Apple \$250-800 (averages)

The Main Takeaways

Fitbit

- Lightweight, sleek design
- Tracks heart rate, sleep, exercise, and more
- GPS not included in all models
- Options for every budget
- Swimproof
- Compatible with iOS and Android
- No cellular options
- Long battery life

Apple Watch

- Some designs are bulky
- Tracks heart rate, sleep, exercise, and more
- Built-in GPS
- Expensive
- Swimproof
- Requires iPhone for set-up and maximum functioning
- Cellular add-on available or included
- Battery life lacking compared to other smartwatches



PROGRESS TRACKER

Carra

ABOUT BRENDA

- BARIATRIC NURSE SINCE 2012
- **BARIATRIC SURGERY PATIENT** SINCE 2013 (SLEEVE GASTRECTOMY)
- CERTIFIED LIFE COACH AND SPEAKER SINCE 2015
- CERTIFIED HEALING TOUCH PRACTITIONER SINCE 2011
- A FAMILY FOCUSED FARM GAL WHO LOVES TO READ AND GARDEN!



BEFORE



2 YEARS

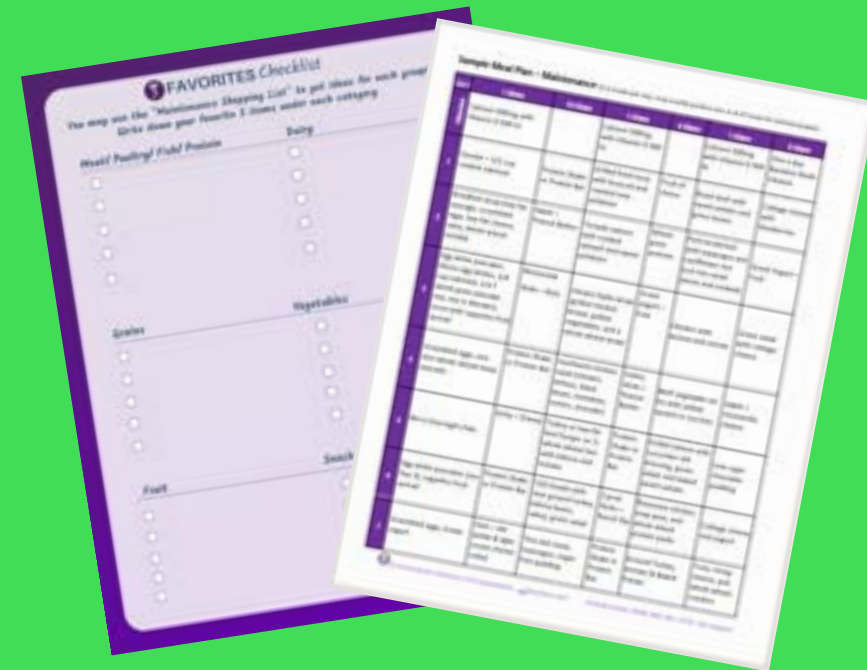


10 YEARS

USE TO CREATE...

- WEIGHT LOSS JOURNALS
- TRACKING PAGES
- BEFORE AND AFTER PICS
- TEMPLATES FOR SOCIAL POSTS
- MEAL PLANS + LOTS MORE!

CHECK OUT PROCARE HEALTH'S HANDOUTS PAGE FOR LOTS OF TEMPLATES!





SUPPORT

Social Media



SOCIAL MEDIA PLATFORMS

1. FACEBOOK
2. INSTAGRAM
3. PINTEREST
4. WHATSAPP
5. TWITTER
6. TIKTOK
7. LINKEDIN
8. YOUTUBE
9. SNAPCHAT

WAYS TO STAY IN TOUCH WITH PEERS AND MEET NEW PEOPLE.

JOIN GROUPS AND OR PAGES





SUPPORT

Online Therapist



YOUR BARIATRIC PROGRAM MAY HAVE SERVICES, BUT IF YOU ARE WANTING CONVENIENCE /PRIVACY FROM YOUR OWN HOME...

THERAPY APPS:

- BETTER HELP
- REGAIN
- CALM
- MY STRENGTH
- CEREBRAL
- CALMERY
- TALK SPACE
- GINGER

These self-care apps can help you navigate life's challenges — like stress, sleep troubles, low mood, and more. Calm and myStrength are available at no cost to members. Explore our broad range of self-care resources — including audio activities, articles, and more.

SOME EMPLOYERS PAY FOR THESE SERVICES. CHECK WITH YOUR HUMAN RESOURCES AGENT.



SUPPORT

Your Bariatric Program



YOUR BARIATRIC PROGRAM MAY HAVE ONLINE SERVICES AVAILABLE. MAKE SURE AND ASK DURING YOUR APPOINTMENTS OR GIVE YOUR PROGRAM A CALL.

FEATURES INCLUDING:

- SUPPORT GROUPS*
- ONLINE MEAL PLANNING, PREP, MENUS*
- ACCESS TO YOUR PROGRAMS DIETARY PHASES*
- FITNESS COACHES/WORKOUTS*
- NUTRITIONISTS*
- THERAPISTS*
- NURSES / PHYSICIANS*



SUPPORT

Bariatric Communities



Free and paid subscriptions to communities

- *OSLP (OUR SLEEVED LIFE)*
- *BARINATION*
- *CONNIE STAPLETON*
- *THE SLEEVED DIETITIAN*
- *BARIDIARIES*
- *BARI CONNECTED*

The screenshot shows the ProCare Health website. The navigation menu includes: Products, Procedures, Bari Connected, Press, About Us, and Contact. A yellow arrow points to the 'Bari Connected' menu item, which is circled in yellow. The dropdown menu for 'Bari Connected' contains: Support Group Hub, Support Group Handouts, and Resources. Below the navigation is a large advertisement for 'NEW PROTEIN POWDER'. The ad features two bags of protein powder: one in Vanilla flavor and one in Chocolate flavor. The Vanilla bag is 26g and the Chocolate bag is 26g. The ad lists the following benefits: Exclusive Immunity Blend, 1g of Carbs, 110 Calories Per Serving, Added Electrolytes, and 26g of Whey Isolate Protein. A 'SHOP NOW' button is located at the bottom left of the ad.

CONTINUE TO JOIN US!

NEW

*Support: live events +
podcasts*



BARI CONNECTED™
PODCAST

LISTEN TO REPLAYS

Bariatric topics



PROCARE HEALTH VITAMIN AND SUPPLEMENT PAGE

LOOKING FOR VITAMINS OR SUPPLEMENTS?

Check out ProCare Health

The image is a screenshot of the ProCare Health website. At the top, there is a dark purple header with the text "Need help? Call us at 877-822-5808" on the left, and social media icons (Facebook, Instagram, Twitter, YouTube) and a "Sign in or Register" link on the right. Below the header is the ProCare Health logo and a navigation menu with items: "Products", "Procedures", "Bari Connected", "Press", "About Us", and "Contact". A yellow arrow points from the "Products" menu item to a dropdown menu that lists: "Bariatric Multivitamins", "Calcium Supplements", "Proteins", "Therapeutics", and "Extras!". Below the navigation is a large banner for "NEW PRO CARE HEALTH PROTEIN POWDER". The banner features a list of benefits: "Exclusive Immunity Blend", "1g of Carbs, 110 Calories Per Serving", "Added Electrolytes", and "26g of Whey Isolate Protein". A red "SHOP NOW" button is located at the bottom left of the banner. On the right side of the banner, there are two bags of protein powder: one labeled "VANILLA" and one labeled "CHOCOLATE", both with "26g" prominently displayed. At the bottom of the banner, there are three small circular navigation dots.

WWW.PROCARENOW.COM