

PROVIDER OF THE

Allurion
PROGRAM

 **elevate** now



The fast and sustainable
way to lose weight

Start your Allurion journey today



The holistic approach to weight loss

More than just a gastric balloon

The Allurion Program delivers ongoing weight loss over at least 6 months, and combines:

- ▶ A state-of-the-art gastric balloon.
- ▶ The Allurion Connected Scales which connect to a mobile App to support your achievements.
- ▶ A multi-disciplinary team of **healthcare professional from Elevate Now** to guide you through your personalized nutrition & exercise plan and habit coaching.

A new approach that helps you
lose weight and keep it off



At the centre of the Allurion Program is a revolutionary gastric balloon that creates a feeling of fullness.



The Allurion Program gives you the chance to make healthier food choices, while avoiding the cravings that often come with dieting.



The balloon is swallowed during a 15-minute consultation with your doctor and passes naturally in approximately 4 months.



During this time patients can lose an average of 10-15% of their total body weight.^{1,2}

The only gastric balloon with no need for surgery, endoscopy*, or anesthesia.

1. Ienca, et al. Presentation at IFSO 2023, Naples, Italy. *In rare cases, the Allurion Balloon may be vomited at end of residence or require endoscopic or surgical intervention for removal.

The Allurion Program

Safe and convenient

The balloon is placed in your stomach during a brief 15-minute consultation with your doctor



Swallow



You swallow a capsule that contains the balloon attached to a thin tube. You will have an X-ray to make sure the capsule is in the stomach prior to filling.

Fill



Your doctor will then use the tube to fill the balloon with water, then confirm it is full with another X-Ray. The placement is then complete.

Disappear



Approximately 4 months later, the Allurion Balloon self-empties and passes naturally.



A temporary balloon does not mean temporary weight loss

The Allurion Program has shown that up to 96% of average weight loss may be sustained 1 year after the balloon exits the body.

Your health coach from Elevate Now will help you get the desired results as well as build habits to minimize chances of a bounce back even after 1 year.

Support throughout your journey

With Elevate Now, you are never alone.

Receive ongoing support from your doctor and nutritionist, and track your progress with the Allurion Connected Scale and Allurion app.



FAQs

How does the balloon get into my stomach?

The balloon, tucked inside a capsule, is swallowed and filled with water during a brief 15-minute doctor's visit. Approximately 4 months later, it self-empties and passes out naturally.



How does the Allurion Balloon work?

The Allurion Balloon takes up space in your stomach, reducing your appetite and helping you to feel full faster and for longer.

Is the balloon easy to swallow?

99.9% of people succeed in swallowing the balloon.¹ If you have trouble, your doctor will be on hand to help the capsule on its way.*



What are the possible side effects after balloon placement?

Everyone is different – some people feel little or no discomfort, while others experience symptoms such as nausea, fatigue, abdominal cramping and, vomiting.

These temporary symptoms can usually be treated with commonly used medications prescribed by your doctor.

FAQs



How much weight will I lose?

The Allurion Program has been proven to support an average of 10-15% total body weight loss after approximately 4 months.

Plus, you can boost your weight loss with a second consecutive Allurion Balloon and lose an average of 23% of your body weight in 12 months.¹

What is the balloon filled with?

The balloon is filled with 550ml of water.

Will I have any dietary restrictions during or after the program?

There are some specific dietary recommendations before placement and during the first week as you adapt to the balloon.

Your Elevate Now health coach offers personalized diet plans tailored to your preferences, ensuring expert guidance for achieving your goals and gaining valuable nutritional knowledge for long-term success.

1. Ienca, et al. Presentation at IFSO 2023, Naples, Italy

2. Ienca et al. presented at TOS Obesity Week, 2020

*In rare cases, the Allurion Balloon may be vomited at end of residence or require endoscopic or surgical intervention for removal.

FAQs

How long does it take to return to normal activities after placement?

Most people can return to normal activity within a day or two. Depending on your job role (for example, if you operate heavy machinery), it can be a good idea to book a few days off work just in case, or ask to have your balloon placed on Friday so that you have the weekend off afterwards.



Can I exercise with the balloon and will I feel it?

Some patients feel the balloon at the beginning, but most become accustomed quickly and even forget it is there.

How is the balloon removed?

After approximately 4 months, time-activated release valve automatically opens, allowing the balloon to empty and pass out naturally through the gastrointestinal tract.*



What happens then?

The Health coach from Elevate Now will further assist you in maintaining your weight. If needed, you can renew the services of the coach for continuous support beyond the 6-month period.

*In rare cases, the Allurion Balloon may be vomited at end of residence or require endoscopic or surgical intervention for removal.