



Thank you for participating in St. Luke's pre-bariatric pilot research study! As you prepare for bariatric surgery, you will be using the Picture It! app as a companion to your care plan.

Designed by experts, Picture It! has helped hundreds to prepare for bariatric surgery. Participants who used Picture It! gained more confidence and lost more weight in preparation for surgery.

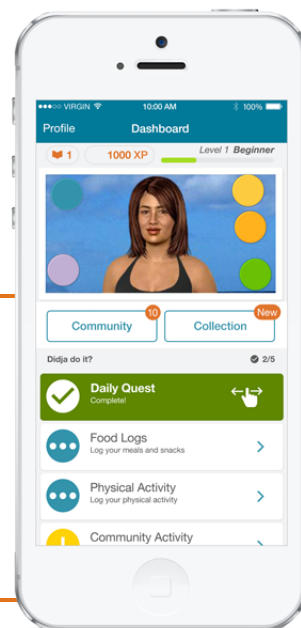
Download Instructions

To download Picture It!, visit the following links, or go to the **Apple App Store** or **Google Play Store** and search for "PI! Weight Loss".

Your Group ID Passcode: SLUHNpi

Android: <http://bit.ly/2fSH1Fi>

iOS: <http://apple.co/2fVDfxr>



Keep your goal top of mind

- ✓ On set-up, you create a personalized Avatar so you can **visualize yourself at your next goal weight** (typically 5–7% of your body weight).
- ✓ Holding up your photo on the dashboard are **colored magnets**. If you miss your daily tasks, you will lose a magnet.
- ✓ If you lose all your magnets your picture will slip and fall. But don't worry, its easy to earn back these magnets by completing your daily activities!



Tools to help you build healthy habits

- ✓ Track and **log your food, weight, and physical activity**. You'll be asked to connect to a Fitbit or Jawbone account. But don't worry, you don't need to have a wearable device to use Picture It!
- ✓ Your **Daily Quest** is a simple daily task to promote healthy habits.
- ✓ The **Community Wall** provides a place for you to interact with other participants on the same care plan.

Need Support?

Picture It! FAQ Webpage:
ayogo.com/pictureit

Or email Ayogo support at:
support@ayogo.com

