



There is no magic pill

Helping you achieve your goals with nutrition,
medication, and da Vinci surgery.



Finding your path together

Taking the next step to lose and maintain weight can be hard. As doctors, we want to help you find a path toward a healthier life. Everybody is different. And every *body* is different. What you've seen or heard, which may have worked for someone else, might not be what's right for you. We want you to know you have options.

Treatments often include a mix of these three paths:

1. Diet and exercise
2. Medication
3. Da Vinci surgery

1

Diet and exercise

Diet and exercise are key to staying at a healthy weight. There isn't just one type of diet or exercise that works for everyone. But here are some helpful tips for anyone who wants to make healthy changes to how they eat and move.



Diet

A balanced diet is necessary to maintain weight loss. Keeping food journals or working with a nutritionist are great ways to help better understand your habits.

Exercise

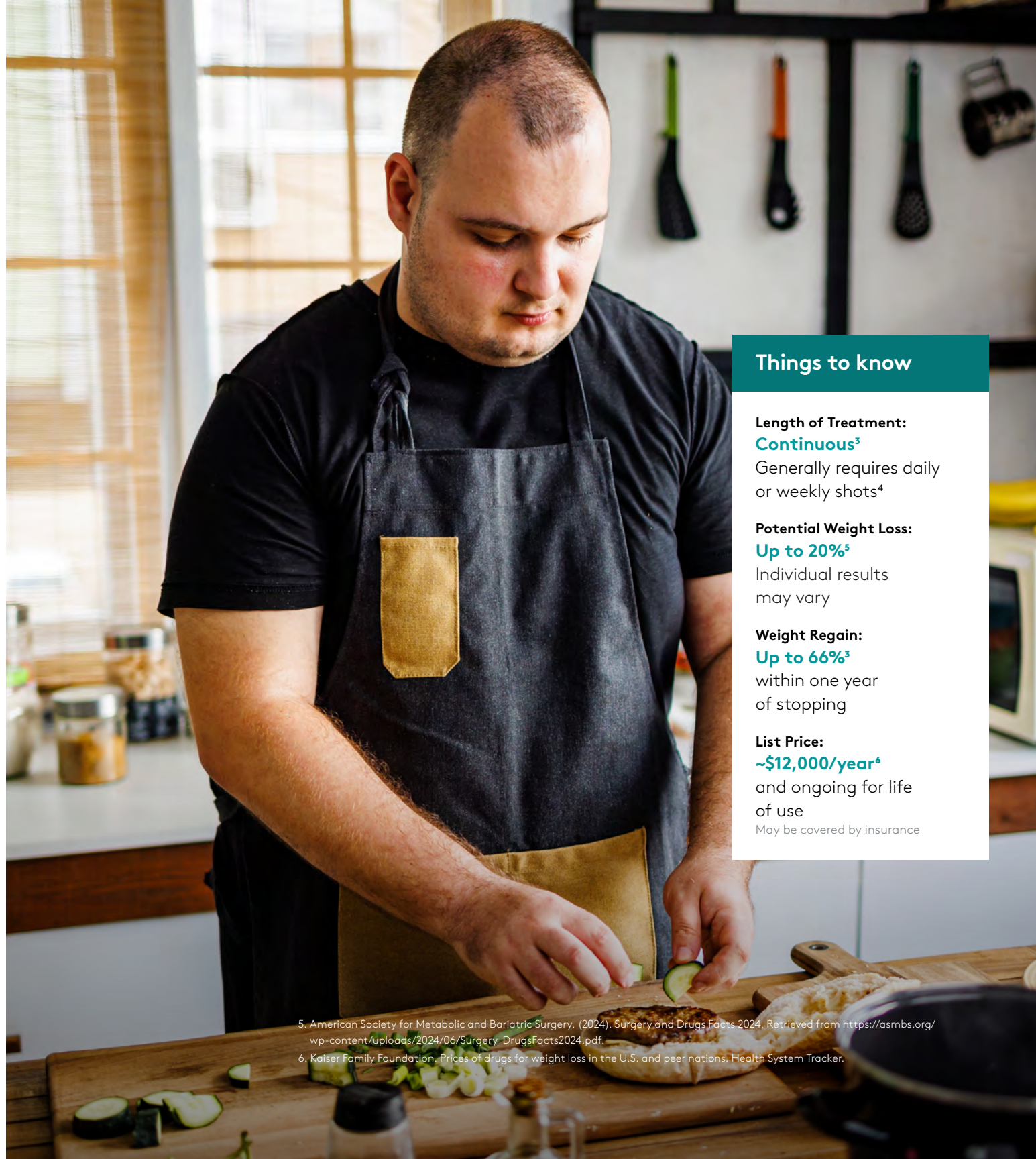
There are many ways to get your body moving. Going for a daily walk or doing yoga are great examples of low-impact, high-reward movement.

2

Weight loss medications

Chances are you've heard about weight loss medications like Wegovy and Zepbound, and diabetes medications like Ozempic and Mounjaro. These medications work by slowing down how quickly food leaves the stomach, which can help people feel full.⁴

~12%¹ of U.S. adults have tried these medications but only **~14%**² of them continue through two years.



Things to know

Length of Treatment:

Continuous³

Generally requires daily or weekly shots⁴

Potential Weight Loss:

Up to 20%⁵

Individual results may vary

Weight Regain:

Up to 66%³

within one year of stopping

List Price:

~\$12,000/year⁶

and ongoing for life of use

May be covered by insurance

1. KFF Health Tracking Poll May 2024.

2. Patrick Gleason, PharmD; Landon Marshall, PharmD, Ph.D., et al. Year-Two Real-World Analysis of Glucagon-Like Peptide-1 Agonist (GLP-1) Obesity Treatment Adherence and Persistency. Prime/MRx. July 2024

3. Wilding, J., et al, & STEP 1 Study Group. (2022). Weight regain and cardiometabolic effects after withdrawal of semaglutide: The STEP 1 trial extension. *Diabetes, Obesity & Metabolism, 24*(8), 1553-1564.

4. Cleveland Clinic. GLP-1 Agonists: Risks & Benefits. Web. Retrieved August 2024.

5. American Society for Metabolic and Bariatric Surgery. (2024). Surgery and Drugs Facts 2024. Retrieved from https://asmbs.org/wp-content/uploads/2024/06/Surgery_DrugsFacts2024.pdf.

6. Kaiser Family Foundation. Prices of drugs for weight loss in the U.S. and peer nations. Health System Tracker.

3

Da Vinci bariatric surgery

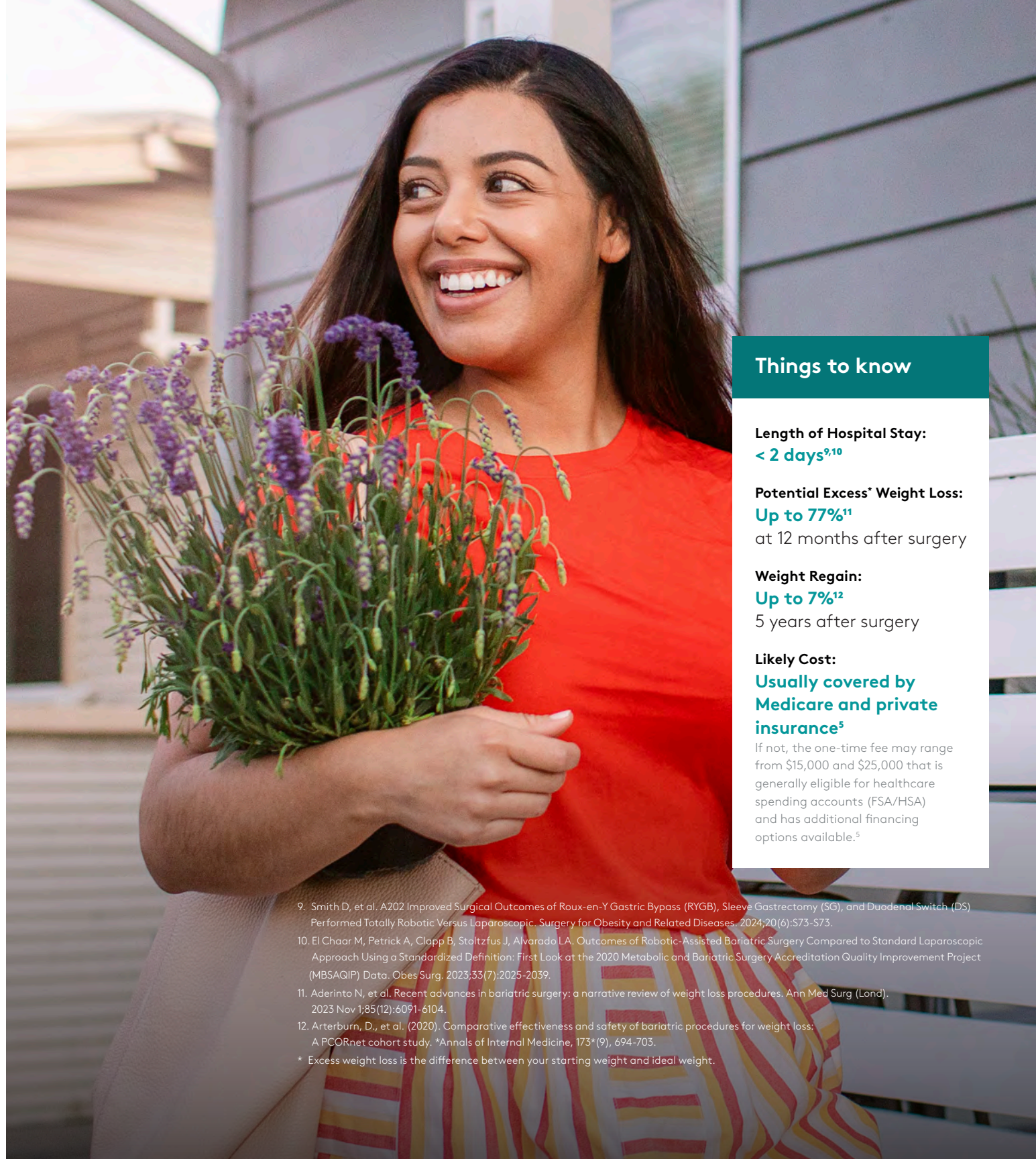
Weight loss surgery, also known as bariatric surgery, is one of the most successful treatments for severe obesity.⁷ And surgery with da Vinci is the most common bariatric surgical approach.⁸ It works by making changes to the digestive system to help you lose weight.

~1 in 2 bariatric surgeries is a da Vinci surgery.⁸

Individuals' outcomes may depend on a number of things, including but not limited to patient type, disease type, and/or surgeon experience.

7. American Society for Metabolic and Bariatric Surgery. 2021 Metabolic and bariatric surgery. <https://asmbs.org/resources/metabolic-and-bariatric-surgery/>

8. Data on file at Intuitive, August 2024.



Things to know

Length of Hospital Stay:
< 2 days^{9,10}

Potential Excess* Weight Loss:
Up to 77%¹¹
at 12 months after surgery

Weight Regain:
Up to 7%¹²
5 years after surgery

Likely Cost:
Usually covered by Medicare and private insurance⁵

If not, the one-time fee may range from \$15,000 and \$25,000 that is generally eligible for healthcare spending accounts (FSA/HSA) and has additional financing options available.⁵

9. Smith D, et al. A202 Improved Surgical Outcomes of Roux-en-Y Gastric Bypass (RYGB), Sleeve Gastrectomy (SG), and Duodenal Switch (DS) Performed Totally Robotic Versus Laparoscopic. *Surgery for Obesity and Related Diseases*. 2024;20(6):S73-S73.

10. El Chaar M, Petrick A, Clapp B, Stoltzfus J, Alvarado LA. Outcomes of Robotic-Assisted Bariatric Surgery Compared to Standard Laparoscopic Approach Using a Standardized Definition: First Look at the 2020 Metabolic and Bariatric Surgery Accreditation Quality Improvement Project (MBSAQIP) Data. *Obes Surg*. 2023;33(7):2025-2039.

11. Aderinto N, et al. Recent advances in bariatric surgery: a narrative review of weight loss procedures. *Ann Med Surg (Lond)*. 2023 Nov 1;85(12):6091-6104.

12. Arterburn, D., et al. (2020). Comparative effectiveness and safety of bariatric procedures for weight loss: A PCORnet cohort study. **Annals of Internal Medicine*, 173*(9), 694-703.

* Excess weight loss is the difference between your starting weight and ideal weight.

Options matter

	Medication (+diet / exercise)	Da Vinci Surgery (+diet / exercise)
Weight loss	Up to 20% of weight ⁵ individual results may vary	Up to 77% of excess weight ¹¹ individual results may vary
Weight regain	Up to 66% ³ within one year of stopping	Up to 7% ¹² 8-10 years after surgery
Time of use	Continuous ³	One time ⁵
Cost	~\$12,000 ⁶ per year of use, sometimes covered by insurance	~\$15,000-\$25,000 ⁵ one-time fee, often covered by insurance for severe obesity
Safety	Limited long-term data ¹³	Studied for over 20 years As safe as other common procedures like hernia, appendix, and gallbladder surgery ¹⁴



13. University of Chicago Medicine. May 30, 2024. Research shows GLP-1 receptor agonist drugs are effective but come with complex concerns. <https://www.uchicagomedicine.org/forefront/research-and-discoveries-articles/2024/may/research-on-glp-1-drugs>

14. Clapp B, et al. Bariatric surgery is as safe as other common operations: an analysis of the ACS-NSQIP. Surg Obes Relat Dis. 2024;20(6):515-525.

What is Intuitive da Vinci surgery?

Da Vinci robotic-assisted surgery has been used for over twenty years and is the main approach for many surgical procedures, including those on the lung and prostate.⁸ People usually spend less time in the hospital, which means getting back to whatever is most important to them sooner.^{15,16}



15. Shah P, et al. Impact of type of minimally invasive approach on open conversions across ten common procedures in different specialties. Surg Endosc. 2022 Aug;36(8):6067-6075.

16. Results are based on an internal metaanalysis of peer-reviewed robotic-assisted surgery publications (2010-2020) across 7 procedures. Data on file at Intuitive.



The da Vinci system is a tool used to perform minimally invasive bariatric surgery, but it does not treat obesity alone long term. For more information, see the important safety information on the back page.

The surgeon performs the surgery, *not a robot.*

How da Vinci surgery works

Your surgeon is with you, seated at a console in the operating room. Your surgeon can control the instruments he or she uses to perform surgery from the console.



Through a 3D high-definition camera, your surgeon can see your anatomy better than with the human eye alone.



Your surgeon uses tiny instruments that move in more ways than the human hand.



Questions to ask your doctor

We understand that this is a lot to take in. When you're ready, here are some questions to consider with your care team.

About you

- How much weight do I need to lose?
- What type of weight loss solution would you recommend for me?

About weight loss medications

- What types of medicines are available for me and how do they work?
- What are the side effects and risks?
- What would be the goal of weight loss medicine for me?
- How much weight can I expect to lose?
- Am I a good candidate for weight loss medicine?
- How much do these medications cost and are they covered by my insurance?
- How often do I need to come in to manage my medicine?
- How soon will I see results, and will they last?

About da Vinci bariatric surgery

- Am I a good candidate for da Vinci bariatric surgery?
- What type of procedure would be appropriate for me?
- How long does the operation last?
- How long would I stay in the hospital?
- What are the side effects and risks?
- How soon will I see results, and will they last?





Getting you back to your best life, together

Most treatments don't address obesity on their own. Usually, it's a combination of diet, exercise, medication, and/or surgery that helps our patients achieve lasting weight loss and health improvements. If you're ready to take the next steps, we are here.

Important safety information

Patients should talk to their doctor to decide if surgery with a da Vinci system is right for them. Patients and doctors should review all available information on nonsurgical and surgical options and associated risks in order to make an informed decision.

Serious complications may occur in any surgery, including da Vinci surgery, up to and including death. Serious risks include, but are not limited to, injury to tissues and organs and conversion to other surgical techniques which could result in a longer operative time and/or increased complications. For summary of the risks associated with surgery refer to www.intuitive.com/safety.

The demonstration of safety and effectiveness for the representative specific procedures including bariatric surgery was based on evaluation of the device as a surgical tool and did not include evaluation of outcomes related to the treatment of cancer (overall survival, disease free survival, local recurrence), except for radical prostatectomy (dV Xi/X) which was evaluated for overall survival, or treatment of the patient’s underlying disease condition. Device usage in all surgical procedures should be guided by the clinical judgment of an adequately trained surgeon.

For product intended use and/or indications for use, risks, cautions, and warnings and full prescribing information, refer to the associated user manual(s) or visit <https://manuals.intuitivesurgical.com/market>.

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