

Naturally Slim

Naturally Slim® is clinically proven to help your employees lose weight and reduce their metabolic syndrome (MetS) risk. MetS is a cluster of risk factors that predicts serious conditions such as diabetes, heart disease and stroke. For more than a decade, Naturally Slim has helped employers reduce their healthcare spend and measurably improve the health of their employees.

Proven Results

50.7%

of participants reversed their
Metabolic Syndrome

55%

of participants reduced their
diabetes risk

10.6 lbs

average weight loss per
participant in 10 weeks

5.2%

of body weight lost at
completion

Results based on study published
in Journal of Metabolic Syndrome
& Related Disorders,
October 2015

The Problem

The prevalence of obesity and the related MetS risk factors are growing at an alarming rate. MetS dramatically increases the chances of developing diabetes, heart disease, depression, stroke, cancer and a number of other serious medical conditions. Individuals with MetS average 60% more in medical costs per year than those without MetS. They are also seven times more likely to be a high-cost claimant.

The Solution

Naturally Slim is a digital behavioral counseling program that helps your employees lose weight and reduce the risks associated with MetS. It's delivered via proprietary distance-learning technology so it's easily deployed across large and geographically-dispersed employee groups.

Clinically Proven

Naturally Slim is proven to deliver sustainable weight loss and reversal of MetS risk factors – including hypertension reduction – as illustrated in two peer-reviewed clinical studies published in both the [Journal of Metabolic Syndrome & Related Disorders](#) and the [Journal of Occupational and Environmental Medicine](#). In addition, the program is grounded in the latest evidence-based science and aligns with the Centers for Disease Control and Prevention's National Diabetes Prevention Program.

Unlike other weight loss programs that focus on what you should and shouldn't eat, and use the same old diet advice, Naturally Slim teaches participants skills – the skills that people who don't struggle with their weight use intuitively.

The curriculum, which is delivered in a common sense, real-world way, helps people understand when and why they eat (which often has nothing to do with hunger) and then retrains them with new mindful-eating skills to use throughout their daily life.

The entire experience, including the curriculum, online dashboard, mobile app, online social community, access to coaches and more, is focused on helping participants build new skills to develop a healthier relationship with food and physical activity.



Who's using Naturally Slim?

Southwest



Sabre

The Genuine. The Original.
OVERHEAD DOOR

BaylorScott&White
HEALTH

GARMIN



THE TEXAS A&M
UNIVERSITY SYSTEM

UT Benefits
THE UNIVERSITY OF TEXAS SYSTEM

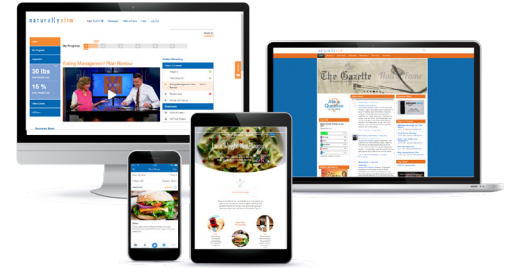
BIGELOW
FAMILY TEA BLENDERS SINCE 1945

GENESIS
Health System

Flexible, Scalable & Ridiculously Simple

Your employees are busy. Finding time to attend pre-arranged group counseling or plan individual coaching sessions is one more thing they don't have time to schedule. Instead, the Naturally Slim program offers them flexibility to learn when it works best for them, whenever or wherever they are, on their computer, tablet or smartphone.

Our digital curriculum guarantees that every participant gets the same high-quality instruction from our distinguished panel of clinicians plus, each participant has the option to augment their learning with peer or coach interaction. This simple and flexible approach is scalable to reach your entire population because it isn't limited by geography or by the number of instructors that can effectively deliver one-on-one or group-based coaching.



What's included?

For employers:

- Custom marketing materials
- Implementation support
- Reporting on enrollment, participation, weight loss & more
- A co-branded Naturally Slim website for enrollment
- Post-program participant feedback
- Optional medical claims billing through many leading health plans

For participants:

- Online dashboard for interactive learning, goal setting, tracking & more
- Welcome kit builds excitement & sets intentions
- Ongoing email & text messaging to promote program adherence and accountability
- Access to health coaches to overcome hurdles
- Mobile app for on-the-go access & habit formation
- Online community for social support
- Tools to encourage behavior feedback & mastery
- Personalized curriculum for a customized participant experience
- Integration with activity devices & voice-controlled speakers (e.g. FitBit, Amazon Alexa)

Pricing & Performance Guarantee

Naturally Slim's results are so consistent, we offer a pay-for-performance pricing model. That means, **if the program doesn't deliver clinical results, you don't pay.** In many cases, Naturally Slim can be offered as a covered preventive benefit and billed through medical claims.