

***Naturally Slim* Program Information**

***Naturally Slim* Foundations Program**

How the program works

This unique and innovative program provides participants with the opportunity to lose weight, feel better and decrease their risk factors for metabolic syndrome. *Naturally Slim* is a 10-week, web-based program with weekly one-hour video courses that participants watch at their convenience.

Naturally Slim offers a way to eat the foods you like by helping you create changes in your behavior, instead of going on a “diet.” The program will help you create changes in your behavior by:

- Fighting metabolic syndrome by focusing on weight loss and maintaining a healthy lifestyle
- Enabling you to develop a lifestyle of eating your favorite foods while still improving health and losing weight
- Teaching you to identify personal eating habits, recognize the difference between true hunger and psychological hunger, understand how hydration habits influence hunger, and practice ways to minimize fat storage
- Addressing how exercise, stress and your environment affect weight loss
- Offering 10 self-paced, online video sessions, as well as frequent correspondence and positive guidance from a personal health counselor over a 10-week period

In addition, you will receive a full year of support and maintenance after the first 10 weeks through NS4You and NS4Life. You will have additional lessons to help reinforce those skills and ensure you know how to maintain your weight loss long-term. You will automatically be enrolled in these programs and do not need to take further action.

Eligibility

- All benefits-eligible employees. You do not need to be enrolled in The Hartford’s health plan.
- Dependents age 18 years or older who are covered under The Hartford’s health plan.

Foundations program completion requirements

There is no cost to participants who complete the requirements of the program. When you enroll you will be required to provide credit or debit card information. If you do not complete **all ten** of the video sessions, your credit or debit card will be charged \$100 (a portion of the full \$400 per participant cost of the program).

Earning wellness points

Employees who successfully complete the program (i.e. complete all ten classes) will earn 10 wellness points toward their health premium credit, if eligible. Dependents are not eligible for health premium credits. You will earn an additional 10 points by completing the Skill Maintenance program.

Enrolling

To enroll in the Foundations program, go to www.naturallyslim.com/Hartford, click on Apply Now and follow the online instructions.

Your Confidentiality

The information you provide to *Naturally Slim* will be considered confidential and available only to you and the professionals at *Naturally Slim*. The Hartford will have no access to the personal health information that you include in the online application. Furthermore, each of our program partners cannot sell or otherwise divulge any participant information to any unauthorized party.

Questions

For general questions about the program, please email info@naturallyslim.com. For problems enrolling, please email support@naturallyslim.com.