The Naturally Slim program is the leading digital behavioral counseling program which has been offered to millions of employees nationwide. The program’s unique curriculum has proven to be a game-changer in health improvement and disease prevention and now the program is leading the digital health revolution with an innovative new version.

**UPDATED CURRICULUM**

The unique Naturally Slim curriculum generates impressive clinical results and even more impressive long-term behavior change. Based on user feedback and analysis of hundreds of thousands of participants, the curriculum has been revamped to build on that success. Some of the new features include:

- **Optimized curriculum with additional instructors and enhanced focus on skills**
- **Shorter lessons which equals less weekly time-commitment**
- **Skill-reinforcement (NS4You) lessons personalized to each participant**
- **Skill-maintenance (NS4Life) sessions customizable allowing each participant to choose their own path**

**MODERNIZED USER EXPERIENCE**

Combining best practices in product design, user experience design, behavioral science and innovation, the Naturally Slim platform has been completely reimagined to create an experience that is intuitive, personalized and engaging.

- Personal dashboards have been added to provide participants with a concierge-type experience
- Weekly To Do lists increase the user’s productivity, learning & accountability
- More tailored communications (email, text & mobile app notifications) ensure participants receive truly personal interactions
- Intelligent page automation allows real-time learning to provide the optimal experience to each participant

www.naturallyslim.com
FOCUS ON BEHAVIOR CHANGE

The science behind sustainable behavior change is clear and the newest version of Naturally Slim concentrates on adding interventions proven to facilitate long-term habit formation.

- Pledges affirm that participants are willing and committed to make behavior changes
- Redesigned goal-setting process inspires and motivates participants with increased accountability
- Behavior modeling via curriculum skits provides real-life demonstration of suggested behaviors and helps participants plan ahead for situations that might sabotage success
- Social rewards for both progress toward and achievement of goals inspire participants and motivate adherence

MULTIFACETED SUPPORT

The proven Naturally Slim curriculum and experience has been augmented to provide each participant with the level of support they need for long-term behavior change. Whether professional health coach or peer-to-peer support, the program provides the accountability, coaching and engagement (ACE) for participant success.

- The NS Town online community is integrated into the daily learning experience to allow participants to get contextual support as they learn
- ACE Team coaches proactively interact with participants needing support
- Additional communication channels have been added for real-time access to coaches including chat and text messaging
- Live coaching sessions allow Q & A and drive increased engagement and skill development
Naturally Slim®, the leading digital behavioral counseling program for metabolic syndrome reversal, weight management and diabetes prevention, combines a unique mindful-eating curriculum with technology to teach people the skills needed to sustainably lose weight and improve their health. Leading the digital health revolution, the program’s unique curriculum has proven to be a game-changer in health improvement, disease prevention and lowering healthcare spend.

**PROVEN RESULTS**

50.7%
of participants reversed their metabolic syndrome

55%
of participants reversed their diabetes risk

10.6 lbs
average weight loss per participant in first 10 weeks

50%
hypertension reversal among those who achieved 5% weight loss

**WHO’S USING NATURALLY SLIM?**

Naturally Slim is proven to deliver sustainable weight loss and meaningful reversal of MetS risk factors — including hypertension and prediabetes — as illustrated in peer-reviewed clinical studies published in the *Journal of Metabolic Syndrome & Related Disorders* and the *Journal of Occupational and Environmental Medicine*.

Naturally Slim has been offered to millions of employees nationwide, helping hundreds of companies reduce the costs associated with obesity-related chronic disease.

**A BEHAVIOR CHANGE GAME-CHANGER**

The Naturally Slim curriculum is delivered in a common sense, real-world way to help people understand when, how and why they eat (which often has nothing to do with hunger) and then retrains them with new skills to use throughout their daily lives, while eating foods they enjoy.

Unlike other "eat less, move more" programs that 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 entire experience, including the digital curriculum, online dashboard, mobile app, social community, coaching support and more, is focused on helping participants build new skills to develop a healthier relationship with food and physical activity.

www.naturallyslim.com
MAXIMIZE THE GOOD YOU CAN DO

Your employees are busy. Finding time to attend pre-arranged group counseling or individual coaching sessions is one more thing they don’t have time to schedule. Instead, Naturally Slim offers participants the flexibility to engage whenever or wherever it’s convenient, on their smartphone, tablet or computer.

Combining best practices in user experience and behavioral science, Naturally Slim allows participants to learn new skills and use them in real-world situations, bridging the gap between theory and practice.

Our digital curriculum guarantees every participant gets high-quality, consistent instruction from our distinguished panel of clinicians and, without the hefty price tag associated with traditional one-on-one coaching. Naturally Slim allows employers to maximize the impact they can have on their employees’ health.

WHAT’S INCLUDED?

For employers:

• Full implementation support
• Custom marketing materials
• 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
• Employee engagement experts to tailor program roll-out to your population

For participants:

• Weekly, personalized video lessons delivered online for added convenience & increased engagement
• Digital dashboard for interactive learning, goal setting, tracking & more
• Welcome kit to build excitement & set intentions
• Tailored communications (email, text messaging & app notifications) to promote program adherence and accountability
• Interactions with health coaches to overcome hurdles, including live coaching sessions
• Mobile app for on-the-go access, skill reinforcement & habit formation
• Online community for social support
• Tools to provide feedback & encourage mastery and accountability
• Personalized curriculum for a customized participant experience
• Integration with activity trackers, scales & voice controlled speakers (e.g. Amazon Alexa)

PRICING & PERFORMANCE GUARANTEE

Naturally Slim’s results are so consistent, we put our fees at risk for engagement and outcomes. That means, if the program doesn’t deliver clinical results, you don’t pay. Naturally Slim can also be offered as a covered preventive benefit through many leading health plans with program fees seamlessly billed through medical claims.
Instructors

**MARCIA UPSON**
RN, MS, FNP-C – is a registered nurse and family nurse practitioner who has been teaching the foundational components of the Naturally Slim program for more than twenty years, helping individuals improve their health through dietary change and weight loss instead of prescriptions.

**TIM CHURCH**
MD, MPH, PhD – is one of the country’s leading clinical thought leaders in exercise and obesity research. As author of more than 270 published clinical articles, Dr. Church has received numerous awards for his research in preventive health. He leads the development of the curriculum and shares his medical expertise on weight loss and exercise throughout the program.

**TODD WHITTHORNE**
BS Kinesiology – is a nationally recognized health and wellness speaker as well as author of Fit Happens! Simple Steps for a Healthier, More Productive Life! Mr. Whitthorne is an Emmy award-winning broadcaster who has spent the last 20 years using his kinesiology & exercise physiology background to help organizations develop strategies to improve health and productivity in their workforces.

**MERIDAN ZERNER**
MS, RDN, CSSD, LD – is a registered dietician nutritionist with more than twenty years experience in health and wellness including being certified in sports nutrition, sports dietetics and as a wellness coach. Mrs. Zerner, who has a Masters of Nutritional Science and received the Excellence in Practice award from the Academy of Nutrition and Dietetics, uses her experience to help participants understand the value of food choices.

**DANA LABAT**
PhD – is a licensed clinical psychologist who specializes in psychotherapy for women’s mental health as well as eating disorders and disordered eating behavior. Throughout the curriculum, Dr. Labat utilizes her experience teaching and bolstering skills to help participants navigate their weight loss and health improvement journey.

**JAMES MAAS**
PhD – is an international authority on sleep and performance having served as a researcher & professor at Cornell University for more than 48 years as well as authoring four best-selling books on sleep. Dr. Maas coined the term ‘Power Nap’ and in addition to numerous honors for his commitment to teaching, he is also one of the world’s most sought-after speakers. He shares his expertise on sleep and sleep quality with participants throughout NS4You.
FOUNDATIONS:

SESSION ONE:
• Skills to use during and between meals
• The brain’s perception of taste vs. hunger

SESSION TWO:
• Recognizing and managing your true hunger
• The role of hydration

SESSION THREE:
• Understanding needs that cause us to eat
• Setting goals to help you succeed

SESSION FOUR:
• The effect of sugar on the body and weight loss
• Salt intake, alcohol, health and weight loss

SESSION FIVE:
• Identifying and dealing with saboteurs
• Handling buffets and holidays

SESSION SIX:
• Understanding metabolism and its effect on weight loss
• The fundamentals about nutrition

SESSION SEVEN:
• Triggers to overeating
• The impact of Vital Needs on stress

SESSION EIGHT:
• Emotions and their role in eating
• Eating plans such as the Mediterranean and DASH Diets

SESSION NINE:
• Handling emotions without food
• Identifying and using hunger patterns

SESSION TEN:
• Food cravings and easily accessible food
• Maintaining motivation for long-term success

PHYSICAL ACTIVITY AND EXERCISE:
Each week, participants will get a tailored lesson specific to their physical activity and/or exercise habits. Participants who haven't been exercising before beginning the Naturally Slim program will enjoy lessons about the benefits of physical activity, how to make it a habit and the role of strength training. Those who already understand the value of exercise will receive lessons regarding how to vary their exercise regime, balancing eating with exercise, and understanding exercise intensity. Additionally, both groups learn about the value of exercise on long-term weight maintenance and overall quality of life.

NS4You:
Throughout the ten weeks of NS4You, participants receive instruction to help reinforce the learning provided in Foundations. This includes refreshers on many of the skills learned as well as new topics such as resilience and problem solving to help with long-term weight maintenance. Much of the content in NS4You is personalized for the participant to cover topics important to their success such as unique instruction for shift workers or those that travel frequently. Additionally, the topic of sleep is incorporated throughout NS4You to help participants understand the importance of sleep and learn strategies to impact their quality of life.

NS4Life:
After completing Foundations and NS4You, participants are ready for support to help them maintain their new healthy habits or provide a little extra motivation when real life makes weight maintenance difficult. NS4You includes new episodes weekly which are hosted by our ACE (Accountability, Coaching and Engagement) Team. Each week they address topics requested by participants or provide additional coaching based on the most up-to-date research and seasonal topics.