

YOU HAVE MORE CONTROL THAN YOU THINK

Help employees achieve better health and minimize your healthcare spend during the pandemic and beyond.

According to the CDC and other industry sources, individuals with serious underlying health conditions—obesity, metabolic syndrome (MetS), heart disease, and diabetes, to name a few—are at higher risk of experiencing long-term complications, and even death, due to COVID-19.^{1,2}

- 71.6% of American adults are overweight or obese³
- At least 66 million Americans have metabolic syndrome (MetS)⁴
- Nearly half of American adults have heart disease⁵
- More than 24 million Americans have diabetes⁶

At best, this means higher claims costs and lost productivity (both bottom line wreckers). And at worst, it means the loss of incredible people... mothers, fathers, sons, daughters, brothers, sisters... due to preventable conditions.

In these dark, uncertain times, we'd like to offer some good news: **You have more control over this situation than you think.**

You can help your employees reduce (and in some cases, reverse) their risk of serious health conditions while giving them the tools they need to take control of their well-being for the long-term and protect themselves against complications caused by viruses like COVID-19 in the short-term.

And you can do this by giving them the chance to participate in the Naturally Slim (NS) program.



What is Naturally Slim (NS)?

NS is an in-demand digital health program that focuses on improving the physical and mental health of employees in organizations across America. The program teaches employees the skills they need to lose weight without giving up the foods they love by addressing the underlying emotional “why” behind why we eat along with “how to” eat to improve our health.

And although our name doesn't convey this, we're way more than a “weight loss” program. With NS, participants also learn how to stress less, sleep better, and move more—no gym required.

During the program, participants have access to our health coaches and a supportive online community of other NS participants. Plus, employees can access the program from their computer or smartphone, making it easy for them to participate where they are right now—at home.

With NS, you can help your employees...

1

Lose weight

Losing weight at a sustainable rate leads to a reduced BMI.

Moving from obese to overweight to healthy weight BMI ranges takes time. The NS program helps 56% of participants who complete NS Foundations® lose at least **3% of their body weight within the first 10 weeks**. And 83% of participants maintain their weight loss after one year.⁸

Losing 3 to 5% of



3-5%

your body weight can lead to clinically meaningful improvements in triglycerides, blood glucose, hemoglobin A1C, and type 2 diabetes risk.⁷

2

Reverse metabolic syndrome (MetS)

Metabolic syndrome is a condition characterized by having three or more of the following risk factors: high blood pressure, elevated fasting glucose, high triglycerides, elevated waist circumference, and low HDL (good) cholesterol.

According to a study published in the Journal of Metabolic Syndrome & Related Disorders, NS is clinically proven to help participants reverse their MetS. In fact, **by participating in the program, approximately 30% of women and 50% of men reverse their MetS.**¹⁰

+60%



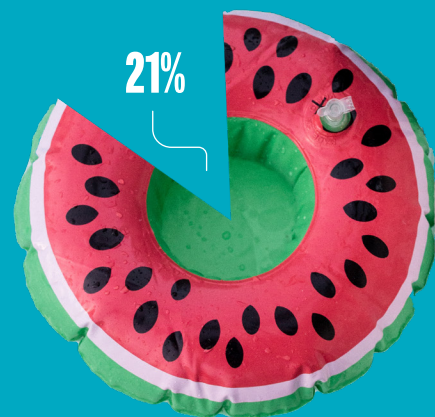
Currently, employees with MetS cost employers 60% more in medical claims than employees without MetS.⁹

3

Reduce risk of heart disease

A variety of risk factors, like high blood pressure, obesity, stress, and unhealthy lifestyle, contribute to the development of heart disease. The NS program is designed to address these risk factors.

According to a study published in the Journal of Occupational and Environmental Medicine, **50% of NS participants who lose more than 5% of their body weight reverse their high blood pressure.**¹²



Lowering blood pressure can reduce heart disease risk by 21%.¹¹

"NS is a key part of our program. Seven years we've been at this, and we've reduced metabolic syndrome in employees and spouses by half and saved \$25 million."

—Doug Cooper, CEO Genesis Health System

4

Manage stress and improve confidence

Numerous studies show that high levels of stress and anxiety contribute to the development of disease and lower self-esteem. The good news is, there are also numerous studies that show self-care practices help people lower their stress levels, improve their health, and boost their confidence.

During the program, participants learn tactics like deep breathing, mindful eating, resilience, and how to be more physically active without hitting the gym.

62%

NS helps an average of 62% of participants feel more confident in themselves

Feeling more confident can help you lower your stress and anxiety levels.¹³

85%

NS helps 85% of participants feel more in control of their weight.⁸

5

Reduce type 2 diabetes risk

Type 2 diabetes risk factors are similar to those of MetS—high blood pressure, unhealthy lifestyle habits, obesity, and high triglycerides, among others.

While there is no cure for type 2 diabetes, it is possible to reduce the risk of developing it.

30% of female NS participants reverse their MetS¹⁰

50% of male NS participants reverse their MetS¹⁰

30%

And in doing so, they've likely reduced their risk of developing diabetes.¹⁵

50%



Lessening COVID-19's impact—short- and long-term

While COVID-19 and the complications it can cause are scary and life-threatening, you can reassure your population you're fully invested in their health and well-being by offering them NS.

While most employees are stuck at home and the negative health effects of social distancing—both mental and physical—are likely setting in, employers are using NS to keep employees healthy and engaged.

It is possible to have your workforce come out of this time stronger than before.

Email your Program Success Manager to get all the resources you need to keep employees healthy and engaged during this time. Or, contact us at learnmore@naturallyslim.com to find out how easy it is to offer NS to your employees.*

*Fear not. Implementation is easy. Seriously, we do all the heavy lifting—providing marketing materials, handling acceptance and deferrals, setting up bill-as-a-medical-claim processing—which makes it easy for you to do the most good for the most people, even with limited resources. (Fist pump away, my friends. You're working from home... nobody's watching.)

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- ¹<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/groups-at-higher-risk.html>
- ²<https://www.touchendocrinology.com/insight/novel-coronavirus-disease-2019-covid-19-and-metabolic-syndrome-an-association-too-difficult-to-ignore/>
- ³<https://www.cdc.gov/nchs/fastats/obesity-overweight.htm>
- ⁴https://www.cdc.gov/pcd/issues/2017/16_0287.htm
- ⁵<https://www.heart.org/en/news/2019/01/31/cardiovascular-diseases-affect-nearly-half-of-american-adults-statistics-show>
- ⁶<https://www.cdc.gov/diabetes/basics/type2.html>
- ⁷<https://www.ahajournals.org/doi/pdf/10.1161/01.cir.0000437739.71477.ee>
- ⁸Naturally Slim Book of Business
- ⁹<https://www.genesishealth.com/news/2017/partnership-takes-aim-at-obesity-and-related-conditions/>
- ¹⁰<https://www.ncbi.nlm.nih.gov/pubmed/26302220>
- ¹¹https://www.cdc.gov/dhdsp/data_statistics/fact_sheets/fs_state_hbp.htm
- ¹²https://journals.lww.com/joem/Abstract/2016/12000/Evaluation_of_a_Voluntary_Work_Site_Weight_Loss.9.aspx
- ¹³<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5747942/>
- ¹⁴<https://care.diabetesjournals.org/content/39/11/2065>
- ¹⁵<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5653262/>