



How do I apply?

Click the 'Apply Now' button and complete the online application. Your application is considered complete once you hit 'Submit' and see a confirmation message that your application was successfully submitted. Remember that by completing the application, you are committing to participate in the program, if accepted. There are a limited number of spaces available so please ensure you are committed to diligently completing the program before taking one of the spots.

When/how will I know if I'm accepted to the program?

You will receive an email approximately one week before the program start date which notifies you of your acceptance into the program.

Who is accepted in the program?

Naturally Slim staff selects participants based on pre-determined criteria such as health risk factors, class size limits and participant willingness to meet all program completion requirements. Additionally, there are certain medical conditions which will disqualify enrollees from participating.

How do I know if I completed my registration?

You will receive a confirmation email at the email address you provided during the enrollment process. If you did not receive a confirmation email, please check your spam filter to ensure the mail didn't get caught there. If it did, please add 'info@naturallyslim.com' to your Contact list or SafeSender list to ensure you receive all future emails from Naturally Slim. If you did not receive an email, please contact us at support@naturallyslim.com so we can verify that your application is complete.

Are the meetings in person?

The Naturally Slim program is an online program so there is no need to attend any meetings in person. You can watch your lessons and interact with the program whenever it is convenient for you.

What is the time commitment?

The lessons will take 30-45 minutes to watch each week. Each lesson is broken up into multiple short videos so you can watch whenever it is convenient to your schedule. Each lesson is available weekly so all your weekly videos should be watched within the next 7 days in order to stay on track. (Don't worry, we know life gets busy. You have an automatic 3-day grace period to watch your lessons. Plus, you can make up old lessons at any time.)

How long is the program?

The program starts with ten weekly lessons, approximately 30 – 45 minutes in length, to teach you the core principles. Each lesson is broken up into small videos so you can watch the entire lesson in one sitting or break it up into multiple sittings when it is convenient for you. Throughout the program you will have access to a dashboard to track your weight loss, tips and online support to keep you motivated, and smartphone apps (for iPhone & Android devices) to take the program with you wherever you go.

Research shows that participants that continue to check in after learning the core principles are the most successful. So, after the first ten weeks, another ten weekly personalized lessons are provided. At this point, you will have learned the core principles so lessons will focus on reinforcing those skills and helping you apply them in your everyday life. After that, you will have new lessons to choose from to help with your long-term weight maintenance.



Is the program completely online? Is there a book or anything to accompany the program?

Yes, you will receive a Welcome Kit via regular mail at the address you provided in your application. It includes:

- Participant Manual – This manual includes general information about the program as well as the food diary, which you will learn more about in the program.
- Tape Measure – Allows you to take your measurements before and after the program to see how many inches you lose.
- Food Items – There is a Food Awareness exercise during the first week of the program so you will use these foods for that exercise. (Food items containing peanuts are included in the welcome kit so if you or someone in your family has a peanut allergy, please don't consume those items.)

Do I have to complete the program on a desktop computer? Can I use my smartphone or tablet?

You can use any type of electronic device with Internet connectivity to participate in the Naturally Slim program including a desktop, laptop, smartphone, tablet, etc. In fact, there is even an iPhone and Android app which you can use to watch your lessons and apply the skills to your daily life.

Will I have access to coaches/counselors in the program?

Yes, you will have access to a team of counselors that are ready to assist you at any time. Additionally, there is an entire online community that includes counselors, past participants and current participants available to share tips or answer questions whenever you need it.

Will my personal information be shared?

No, the information you provide to Naturally Slim will be considered confidential and will only be available to you and the Naturally Slim program professionals. Your company will receive participation reports for administration of payroll and billing processes. Otherwise, the information you provide to Naturally Slim is confidential and available only to you and Naturally Slim and its affiliates involved in conducting and evaluating the program. Naturally Slim cannot sell or otherwise divulge any participant information to any unauthorized party.

Can I sign up after the application window closes?

No, unfortunately you will not be able to sign up and we will not be able to accept any applications after the application window closes.