

natura)(y slim® Improving Whole Health – Mental and Physical Wellbeing

Naturally Slim is a proven technology-based behavior program centered on the latest scientific understanding of nutrition and obesity.

For more information, visit:
www.naturallyslim.com

"We were looking for this type of program for a long time. Not only is it the easiest wellness program we've implemented, but it is also the most successful."

– Jennifer Flory, State of Kansas,
Special Projects Coordinator

Unions and Blue Cross and Blue Shield companies continually seek relationships that provide beneficial and affordable services for their members. Through its strategic alliances,* the National Labor Office brings best-in-class offerings to organized labor.



**National
LABOR OFFICE**

CONTACT THE NLO:

202.626.4815 // nlo@bcbsa.com
www.bcbs.com/nlo

*NLO strategic alliances do not sell Blue Cross and/or Blue Shield branded products. Strategic alliances are not BCBSA partners or joint ventures. In addition, there is not an employer and employee or principal and agent relationship between BCBSA and any strategic alliance, or their respective personnel.

When one of your members makes the commitment to improve their health and overall quality of life, weight maintenance and physical activity are only part of the equation. Mental health plays a major role in an individual's ability to manage the emotions and stress that can fuel unhealthy eating habits and a sedentary, inactive lifestyle. Your members need to be armed with the sustainable skills that plan participants can transform into new behaviors that last a lifetime.

This discussion of mental health is timely. September 9-15 marks National Suicide Prevention Week. It's advantageous of plan sponsors to offer programs that support members in their day-to-day wellbeing and enrich their bodies and minds. Naturally Slim may be right for your members.

WHAT IS NATURALLY SLIM?

Naturally Slim is a digital behavioral counseling program for metabolic syndrome reversal, weight management and diabetes prevention. Naturally Slim combines a mindful-eating curriculum with technology to teach members the skills they need to sustainably lose weight and improve their overall health without the pressure of giving up their favorite foods. We often hear from members that losing "weight" above the neck helped pave their way to a healthier relationship with food. Those mental "weights" can be measured as personal levels of confidence, mood and self-esteem.



The Naturally Slim curriculum is delivered to help people understand when, how and why they eat. Individual eating behavior is typically unrelated to actual hunger. This behavior is usually tied to emotions, stress and/or boredom. Unlike "eat less, move more" programs, Naturally Slim empowers participants with 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 and live coaching support, is focused on helping people learn new eating habits and develop a consistent level of physical activity.

PROVEN RESULTS

People have developed healthier relationships with food through Naturally Slim, which benefits both their physical and mental health. Participants have lost weight, reversed their metabolic syndrome and pre-diabetes and lowered risk factors such as high blood pressure and blood glucose levels. In addition, they've experienced directional improvements in health-related quality of life, lower perceived stress and lower depression risk. Participants surveyed one year after starting the Naturally Slim program maintained significant improvements:



FELT MORE
IN CONTROL OF
THEIR WEIGHT



EXPERIENCED
A BOOST IN ENERGY



IMPROVED
SELF CONFIDENCE



IMPROVED
OVERALL MOOD