

PUTTING PEOPLE FIRST

Together, Medtronic and Naturally Slim® (NS) improved the health and well-being of thousands of Medtronic employees and helped build a more engaged workforce.



The Client

INDUSTRY



Healthcare Tech

EMPLOYEES



98,000+ lives



350 locations



150 countries

MEDTRONIC

THE WORLD'S LARGEST
MEDICAL TECHNOLOGY
COMPANY

Medtronic's mission is to contribute to human welfare by creating technology that helps alleviate the pain, restore the health, and extend the lives of people around the world. To do this, they know they must invest in their employees' health and well-being. And they realize that in doing so, they gain a competitive edge in global biomedical engineering innovation.

The Challenge

FINDING A FLEXIBLE, EMPLOYEE-FOCUSED SOLUTION

Because of their geographically dispersed population, Medtronic needed a scalable solution. They also needed a solution that was simple to implement and could easily integrate with all four of their health plan partners and wellness platform vendor.

In addition to logistics, Medtronic also wanted the solution they chose to have a proven track record of inspiring employee engagement while addressing both emotional and physical health.



"Medtronic's investment in our well-being programs has never been about reducing healthcare costs... it's about our people, and it's part of our culture. When people are thriving and experiencing positive health and well-being, they are going to be more innovative, have more energy, and be able to contribute more to everything that they do."

- Gen Barron, Sr. Manager of Global Wellness



The Solution

A PEOPLE-FIRST PROGRAM WITH CLINICALLY PROVEN RESULTS

Medtronic chose Naturally Slim (NS), a leading digital health program, which helps employers and plans sponsors improve both mental and physical health of their populations. In the program, participants learn the skills they need to lose weight and reduce their disease risk without giving up the foods they love. Participants also learn how to stress less, sleep better, and move more—no gym required.

Medtronic found everything they wanted in NS, a research-backed program that is:

- Proven to reduce hypertension and reverse metabolic syndrome (MetS) (and therefore reduce disease risk)^{1, 2}
- Easy to implement with no upfront (or hidden) fees or lengthy contracting process
- Pay for engagement only, with no PEPM
- Seamlessly billed through medical claims with Medtronic's health plans
- Infinitely scalable

As a part of the implementation process, NS assigned Medtronic a designated Program Success Manager (PSM) and handled creating engaging communication materials to meet employees where they are, processing acceptance and deferrals, and sending out program Welcome Kits (at no additional cost).

Medtronic also liked that employees have access to the program on their computer or smartphone, making it easy for them to participate whenever and wherever. Another bonus — throughout NS, participants have access to health coaches and an online community of other NS participants, making it easy for them to get support and stay on track.

Medtronic's Perspective

EXCEEDED EXPECTATIONS

Medtronic has an extensive review system for determining whether new solutions hit the mark. Safe to say, NS surpassed it.

"With Naturally Slim, we saw great clinical outcomes, but the written comments and feedback we received spoke much louder than the weight loss numbers. People have changed the way they eat and think, and we think that's going to be sustainable. And it's the testimonials and the sharing of stories that really helps to motivate others and impacts the ROI of programs at Medtronic," said Gen Barron.

If you want similar results for your organization...

Contact us at learnmore@naturallyslim.com to find out how easy it is to offer NS to your employees.

1 <https://www.ncbi.nlm.nih.gov/pubmed/27930480>

2 <https://www.ncbi.nlm.nih.gov/pubmed/26302220>

3 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6055795/>

4 <https://www.ahajournals.org/doi/pdf/10.1161/01.cir.0000437739.71477.ee>

5 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4493772/>

The Results

BUZZWORTHY ENGAGEMENT AND CLINICALLY SIGNIFICANT HEALTH IMPROVEMENT

Naturally slim enrolled over 3,800 participants from over 1,300 zip codes.

"I appreciate that my employer invested in my personal health because the changes I made during the program did positively affect my overall work-life balance. I found it more satisfying to do my job and do it better."

—Medtronic NS Participant

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79%

of participants feel more in control of their weight

People who feel in control of their weight are more likely to maintain their weight loss long term.³



63%

of participants that participated in 10+ weeks lost 3%+ of their body weight

Losing as little as 3% of weight produces clinically meaningful health benefits, including reducing disease risk factors and overall disease risk.⁴



49%

of participants are more physically active

Physical activity can reduce the risk of all-cause mortality.⁵