

Health improvements during quarantine: exception to the rule.

During the height of quarantine and social distancing, many Americans experienced a decline in physical and emotional health. People became less physically active and combated stress and anxiety with emotional eating and mindless snacking. As a general rule, Americans coped with the effects of the global pandemic in unhealthy ways, which will lead to an increase in future high-cost claims for employers across the country.

Everyone Else

But NS participants and clients were the exception to the rule.

From February-June 2020, NS participants lost 203,164 lbs. (and counting!). They achieved clinically significant weight loss, boosted their emotional health and improved their quality of life. Their employers and plan sponsors can now worry less about the health and wellbeing of their population and the financial burden of future high cost claims.

NS

Exception to the rule #1: Improved physical health

Weight gain associated with social distancing is so widespread, many are jokingly referring to it as the "Quarantine 15," much like the "Freshman 15" in college. While some may be gaining the "Quarantine 15" and generally feeling down due to the effects of isolation, the data shows that NS participants are the *exception to the rule*.

Everyone Else

NS

76%

of Americans reported weight gain up to 16 lbs

-10 lbs

average weight loss for NS participants during quarantine*

*average weight loss for NS participants that completed Week 17 of the program

-32%

reduction in physical activity³

70%

increased their physical activity²

49%

are worrying that they will never get their pre-quarantine body back⁴

60%

have more self-confidence²

Exception to the rule #2: Improved emotional health & quality of life

Despite the many extra stressors and situational anxiety America has faced during quarantine, data shows that NS participants were the *exception to the rule* by putting into practice the resiliency skills taught in the NS program.

Everyone Else

NS

40%

are struggling with mental health issues stemming from COVID⁵

58%

improved their mood²

3X

Mental distress has tripled during the pandemic⁶

63%

increased their energy levels²

-53%

are sleeping less⁷

34%

improved their sleep²

Faces behind the NS stats



Bryan M.

Lost 15 lbs and counting...

"When [quarantine] began I knew I needed to be careful as I'm an emotional eater and these are stressful times. So I decided to be diligent about following the NS principles and while stuck at home I lost [15 lbs]. Feeling great!"



Leah P.

Improved mental health and quality of life

"[NS] helped me from binge eating during the pandemic. It's helped me change the ways of my past and not snack when I'm bored. My energy levels [and] my health has greatly improved, and in this pandemic, it has kept me able to help me stay sane, and not overeat, not binge eat, and to maintain my weight."



Melody S.

Improved overall health and lost 32 lbs and counting

"As a stroke survivor, my "Why" is to live healthier to hopefully prevent future health problems. I'm down 32 pounds in 32 weeks so far. Without NS, I probably would have gained weight during this time, like many people did, instead I've lost 10 pounds since March!"

Exception to the rule #3: Employers saving on future high-cost claims.

With the decrease of physical and mental health amongst employees across the US, employers are now faced with a coming tidal wave of future high-cost claims. Data shows that NS clients are the *exception to the rule*. They are reaping the benefits of the improved health of their population, which can greatly help the financial health of the organization. 70% of the US population could clinically benefit from weight loss, while positively impacting employers' bottom line.

Most Employers

\$82

Cost per pound of excess weight⁸

\$1,312

Potential future claims cost of excess pounds gained during quarantine per employee^{1, 8}

NS Clients

\$82

Cost per pound of excess weight⁸

x

5 lbs

Average weight loss for NS participants who started Feb-June (are at various points in the program)²

=

\$410

potential savings on future claims cost per employee who participated during quarantine²

\$1.4M

Gross total potential savings in future claims costs**

\$481,250

Net total potential savings in future claims costs**

Based on NS participant weight loss Feb-June, 2020

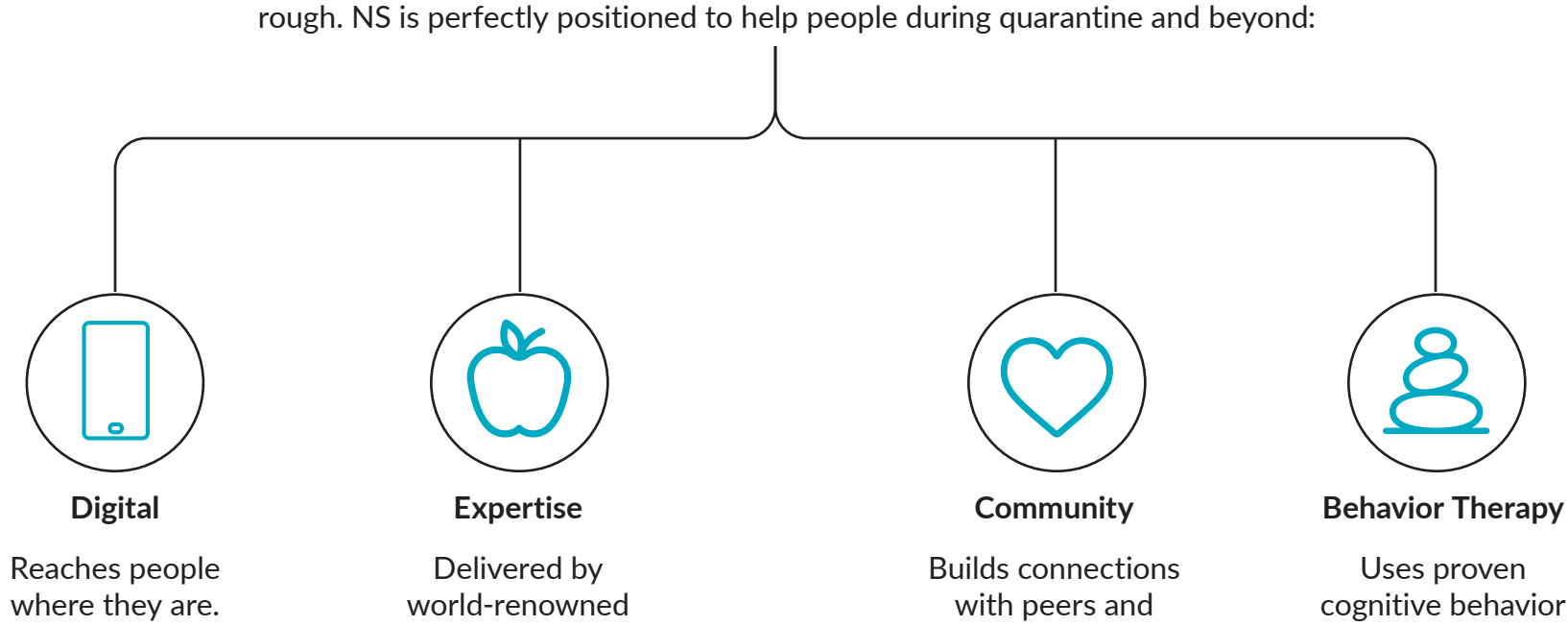
** Savings based on 35% adoption for a 10,000-life group; healthcare and disability claims

Now, more than ever, it's really important that we're investing in the right programs for the right people. And with NS, we saw great clinical outcomes—even during COVID—because the written comments and feedback we received spoke much louder than the weight loss numbers. It's the stories and testimonials that really help to motivate others, drive positive outcomes for our wellbeing programs, and help keep our culture thriving."

— Gen Barron, Sr. Manager of Global Well-being, Medtronic

A clinically proven quarantine-proof program: why it works.

It's not rocket science, it's behavioral science. NS teaches people how to cope with adversity—giving them the resiliency-building tools they need to lean on when life gets rough. NS is perfectly positioned to help people during quarantine and beyond:



Lower claims costs, boost employee and member engagement and make your people healthier and happier during the toughest of times. Contact us at learnmore@naturallyslim.com.