

Doing the most good for the most people.

(ns)

Naturally Slim® (NS) is a digital behavior change program that focuses on improving the physical and mental health of employees and plan members across America, starting with weight loss. With NS, participants learn the skills needed to sustain clinically meaningful weight loss, lower stress, sleep better, and move more—all without the hefty price tag of traditional health coach-centric programs. Simply put, NS is the single most cost-effective way for plan sponsors to reduce obesity-related disease and foster resilience in populations, helping plan sponsors do the most good for the most people.

Our impact.

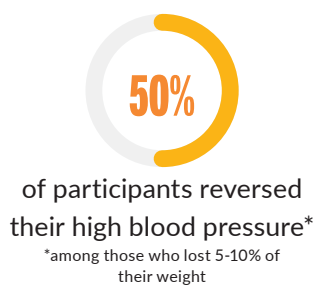
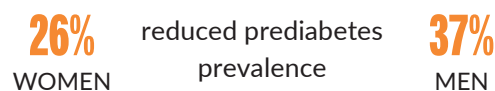
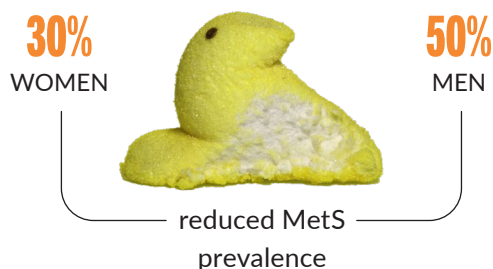
Whether your focus is financial bottom line, clinical outcomes, improving employee engagement, or all three—NS clients see a positive ROI in the first year of implementation.

Financial ROI¹



NS clients enjoy
an ROI of
1.4x

Clinical ROI^{2,3}



Cultural ROI⁴



85%

of participants felt more in
control of their weight

61%

felt more energetic

Clinically proven.

Obesity and metabolic syndrome (MetS)—a cluster of risk factors that predicts serious conditions such as diabetes, heart disease and stroke—are growing at an alarming rate. Individuals with MetS average 60% more in medical costs per year than those without MetS⁵ and are five times more likely to develop Type 2 diabetes⁶. NS is proven to deliver sustainable weight loss and meaningful reversal of MetS risk factors—including hypertension and prediabetes—as illustrated in peer-reviewed clinical studies published in the *Journal of Metabolic Syndrome & Related Disorders* and the *Journal of Occupational and Environmental Medicine*.

NS has been offered to millions of employees and plan members nationwide, helping hundreds of companies reduce the costs associated with obesity-related chronic disease.

Our secret sauce.

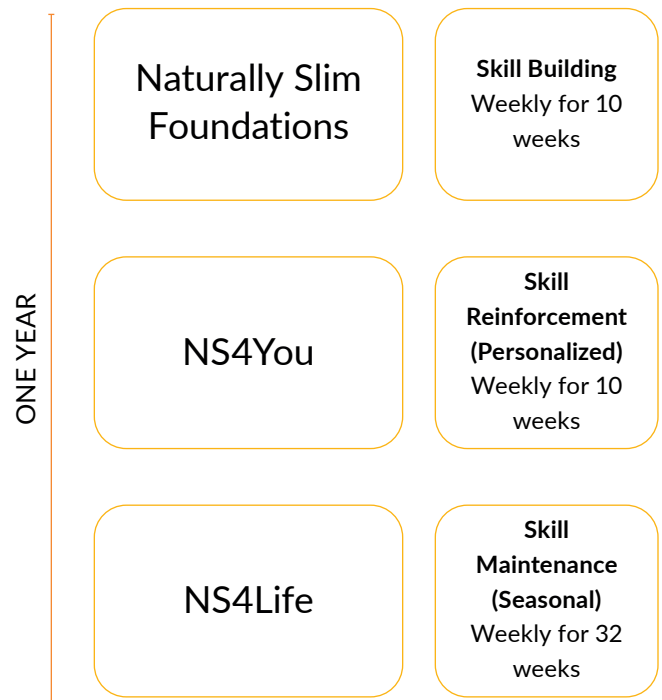
The NS curriculum is delivered in a common sense, real-world way to help people understand when, how, and why they eat (which often has nothing to do with hunger) and then retrains them with new skills to use throughout their daily lives, **without giving up the foods they love**.

Unlike “eat less, move more” programs that use dated approaches and restrictive dieting, NS teaches participants sustainable skills to lose weight (and keep it off!), cope with stress and anxiety, sleep better, and move more.

The entire experience, including the digital curriculum, online dashboard, mobile app, social community, coaching support and more, is focused on helping participants improve their health—starting with changing their relationship with food.

How it works.

NS is a year-long program broken up into three phases: Foundations, NS4You (reinforcement), and NS4Life (maintenance). The video-based curriculum is delivered weekly by a team of expert clinicians with live support from certified health coaches and digital nudges to keep participants engaged and on track. Participants practice and master program skills using our mobile app and build community with other NS participants and our coaching team through our online social network, NSTown™.



Who's using NS?

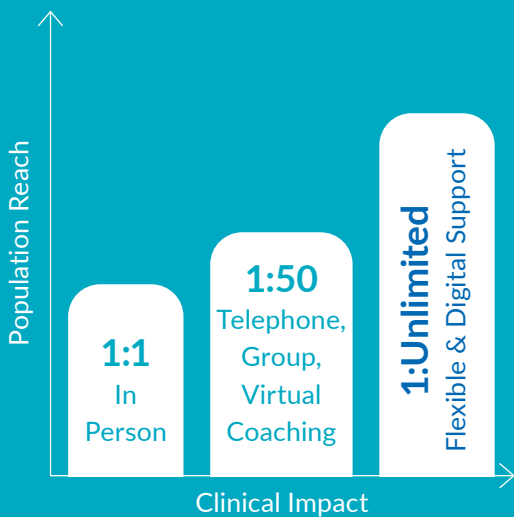


Maximize the good you can do.

Your people are busy. Finding time to attend pre-arranged group counseling or individual coaching sessions is one more thing they don't have time to schedule. Instead, NS offers participants the flexibility to engage whenever or wherever it's convenient, on their smartphone, tablet or computer.

Combining best practices in user experience and behavioral science, NS allows participants to learn new skills and use them in real-world situations, bridging the gap between theory and practice.

Our digital curriculum guarantees every participant gets high-quality, consistent instruction from our expert panel of highly credentialed clinicians and, without the hefty price tag associated with traditional one-on-one coaching, NS allows plan sponsors to maximize the impact they can have on their population's health.



"In my 22 years in this position at System, Naturally Slim is the only benefit we have ever offered that gives us continuous positive feedback. The implementation was smooth, relatively quick, very easy and it is literally on cruise control and we sit back and take the compliments."

- **Laura Chambers,**
Executive Director of Employee Benefits,
University of Texas System

Billed as a preventive care claim.

NS can also be offered as a covered preventive benefit through many leading health plans, TPAs, and PBMs with program fees seamlessly billed through medical claims with no need for a direct contract or even an eligibility file.

What's included?

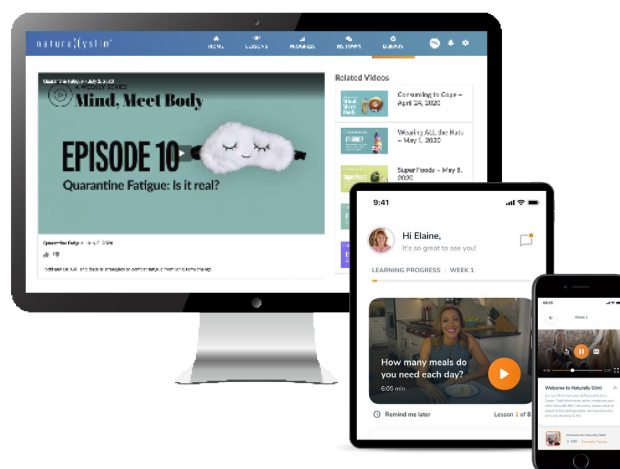
For employers and plan sponsors:

- The easiest implementation ever
- Full implementation support
- Custom marketing materials
- Reporting on enrollment, participation, weight loss, & more
- A co-branded Naturally Slim website for enrollment
- Post-program participant feedback
- Optional claims billing through many leading health plans, TPAs and PBMs
- Employee engagement experts to tailor program roll-out to your population



For participants:

- Weekly, personalized video lessons delivered online for added convenience & increased engagement
- Digital dashboard for interactive learning, goal setting, tracking, & more
- Welcome kit to build excitement, & set intentions
- Tailored communications (email, text messaging, & app notifications) to promote program adherence and accountability
- Options to connect live with health coaches to overcome hurdles and address unique challenges.
- Mobile app for on-the-go access, skill reinforcement, & habit formation
- Online community for social support
- Tools to provide feedback & encourage mastery and accountability
- Personalized curriculum for a customized participant experience
- Integration with activity trackers, scales, & voice controlled speakers (e.g. Amazon Alexa)



Learn how NS can improve your population's health and lower your healthcare spend.

Email learnmore@naturallyslim.com or visit www.naturallyslim.com/employers