

(ns)

SUCCESS STORIES

Clients share how NS positively impacts their financial, clinical, and cultural ROIs.



Financial ROI

Clients report saving an average of \$360 per NS participant and see 144% ROI, thanks to a decrease in doctor office and specialist visits.¹



"We launched this wellness program to control our costs and avoid the alarming trend of double-digit percentage increases in health care costs. We never expected to save millions of dollars or experience the instant success we got, but we'll take it."

- Doug Cropper, President and CEO of Genesis Health System



"We wanted outcomes that lasted year over year and not another quick fix for our employees who were trying to improve their health. Naturally Slim's mindful eating program not only delivers great results, but also keeps people healthy, decreasing our claims costs and improving employee wellbeing."

- Nicole Martel, System Director, Health & Wellbeing for Mercy Health



"With Naturally Slim, we saw great clinical outcomes. 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 impact the ROI of programs at Medtronic."

- Gen Barron, Sr. Manager of Global Wellness at Medtronic

Clinical ROI

Program participants see change in their whole selves – not just in the number on the scale. NS clients are sustainably reversing Metabolic Syndrome Prevalence at rates almost half the national average.



"This program has great results. The number of people impacted, the pounds lost, health conditions improved – all have an effect on one's outlook and emotional health. A program like this helps move us in a positive direction."

- Richard Amos, Chief Benefits Officer at University of Kentucky

"The program is built in a way to keep you going and to keep you watching the videos and to make sure that you complete it, and that was helpful to me. It was kind of like having a coach at your back saying, 'Come on, you can do it!'"

- Jacquie F, State University System employee

"My A1C has improved greatly, going from 7.8 down to 6.1. If I can hold that number through August, my doctor is planning to adjust my medications."

- Safran employee

Cultural ROI

NS helps you manage and maximize culture shifts using your employee benefits. In fact, 85% of program participants felt more in control of their weight, and 61% experienced a boost in energy. Other quality of life impacts? Physical activity, confidence, mood, and sleep.



"Medtronic's investment in our wellbeing 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 wellbeing, 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,
Medtronic



"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 is literally on cruise control, and we sit back and take the compliments on your product."

- Laura Chambers, The University of Texas System



Before

After



"I saw the window of options in my life shrinking to the point that I began to wonder if it wouldn't be better if my life was shorter. But, as the pounds came off my body, I felt like the weight was coming off of my soul. I feel a phenomenal inner peace and strength. I have learned to be more disciplined and resilient, not only in my eating, but in every other aspect of my life. My outlook on life and the future is brighter than ever."

- Daniel, NS Participant

With NS, you can impact the health of your entire employee population. Empower your employees with the skills they need to take charge of their own wellbeing. Contact us today at learnmore@naturallyslim.com or visit www.naturallyslim.com to get started.

ABOUT NS

Naturally Slim® (NS) is an in-demand digital health program that focuses on improving the physical and mental health of employees and plan members across America. Although the name doesn't do the best job of conveying it, NS is so much more than just a weight loss program.

In NS, participants learn the skills they need to sustain clinically meaningful weight loss and lower stress, reduce disease risk, sleep better, and move more—all without traditional behavioral coaching's hefty price tag. Simply put, NS is the single most cost-effective way to reduce obesity-related disease and foster resilience in populations, helping employers and health plans do the most good for the most people.

www.naturallyslim.com

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¹ This came from a de-identified case study from HCSC: Source: 2019 Naturally Slim Clinical Strategy Analysis conducted by leading, multi-state health plan's Clinical Strategy Team ² [https://cdn2.hubspot.net/hubfs/1751431/Naturally_Slim/NS%20Docs/Exec%20Summary%20and%20Journal%20of%20MetS%20-%20Eval%20of%20NS%20\(08-2015\).pdf](https://cdn2.hubspot.net/hubfs/1751431/Naturally_Slim/NS%20Docs/Exec%20Summary%20and%20Journal%20of%20MetS%20-%20Eval%20of%20NS%20(08-2015).pdf)