Naturally Slim® is a proven solution to help your employees lose weight and reduce their Metabolic Syndrome (MetS) risk. MetS is a cluster of risk factors that predicts serious conditions such as diabetes, heart disease and stroke. Naturally Slim has helped more than 650 employers reduce their health care spending and measurably improve the health of their employees.

The Problem
The prevalence of obesity and the related MetS risk factors is growing at an alarming rate. MetS dramatically increases the chances of developing diabetes, heart disease, depression, stroke, cancer and a number of other serious medical conditions. Individuals with MetS average almost twice as much in medical costs per year as those without MetS. They also have a seven times higher likelihood of being a high-cost claimant.

Finally...there is a weight loss program with proven, lasting clinical results.

The Solution
Naturally Slim is a mindful-eating program that helps your employees lose weight and reduce the risks associated with MetS. It starts with ten weeks of skill building focused on behavior modification, not dieting. After the first ten weeks, participants receive ongoing counseling and support for one full year to reinforce skills to ensure long-term, sustainable results.

Naturally Slim is an online program, so it is easily deployed across large and geographically-dispersed employee groups. It is a turnkey solution, so it is simple to rollout. It has been successful in helping hundreds of companies reverse the incidence of MetS of their employees – by 50% on average.

Typical Results
50.7% of participants reversed their Metabolic Syndrome

29% reduction in pre-diabetic and diabetic prevalence

10.6 lbs average weight loss per participant in 10 weeks

5.2% of body weight lost at completion

Prevalence of Specific Risk Factors

This chart shows the percentage of participants who had each risk factor before and after the program.
What’s included?

• 10 weeks of skill-building video instruction (approximately 1 hour of instruction made up of 3 - 12 minute segments.)
• Online dashboard to watch videos, track weight loss progress, log activity and more
• A welcome kit and email reminders to encourage participant adherence
• Online access to health coaches
• One full year of video instruction and support which includes seven bi-weekly videos after the first ten weeks and monthly videos during the final six months.
• Online community to interact with current participants and alumni for inspiration and support
• Integration with activity devices and wireless scales, such as FitBit® and Jawbone® devices

What is Naturally Slim®?

Naturally Slim is a high-value, behavior modification program proven to deliver sustainable weight loss and reverse obesity, pre-diabetes, and MetS. Naturally Slim shares the latest research on mindful eating, focusing on how the learned behaviors of True Thin™ individuals, not dieting, are best for lasting weight loss and risk reduction.

Why Naturally Slim?

More than 650 companies have implemented the Naturally Slim program to date with consistent results of dramatically improving obesity, pre-diabetes and MetS risk factors. The consistent results across a variety of industries prove that the program works for all types of organizations.

How is the program delivered?

Naturally Slim is delivered via proprietary distance learning technology which makes it simple and scalable for your school district. The first ten weeks of the program are focused on building behavioral skills to promote weight loss. The remainder of the program focuses on reinforcing those skills and fostering long-term weight maintenance.