



natura)(y slim®

WHAT'S THE ROI ON EMPLOYEE PARTICIPATION IN NATURALLY SLIM?

A leading health plan did the math.

Employee health is a top business priority for many reasons...

- › The cost of healthcare for unwell employees is unsustainable
- › Competition for top talent is stiff (making wellness offerings even more vital to a company's benefits package)
- › Healthy, happy workers are key to customer satisfaction (read: a company's bottom line),

...to name a few.

The thing is, the ROI of “wellness” programs can be hard to measure. Especially with limited data and even more limited resources.

A large, US-based health plan wanted to be sure implementing Naturally Slim®—a digital weight management program that teaches participants simple, repeatable skills to lose weight, move more, sleep better, and stress less—would deliver significant ROI. So, they did the math. The insurance carrier followed 4,773 of their health plan members as they engaged in the program.

The Naturally Slim cohort completed eight or more of the 10 Naturally Slim Foundations® sessions and was not involved in any other carrier-sponsored programs.

The study revealed the effectiveness of Naturally Slim in reducing clinical risk factors and lowering health care costs when compared to a control group of health plan members who had not been offered the program.



PROVEN COST SAVINGS

The Naturally Slim program paid for itself within the first year.

CLINICAL OUTCOMES



Average weight loss

11.6 pounds



Average BMI reduction

1.61



Percentage of participants who lowered their BMI

70%

natura)(yslim®

WHAT IS NATURALLY SLIM?

Naturally Slim gives people a better way to better health, starting with changing their relationship with food. The online program teaches participants simple, repeatable skills to lose weight, move more, sleep better, and stress less. Naturally Slim unites the common goals of companies and individuals—lowering healthcare spend and improving health outcomes.

Without the hefty price tag associated with traditional behavioral coaching, Naturally Slim is the single most cost-effective way to reduce obesity-related disease in populations, helping employers and health plans do the most good for the most people.

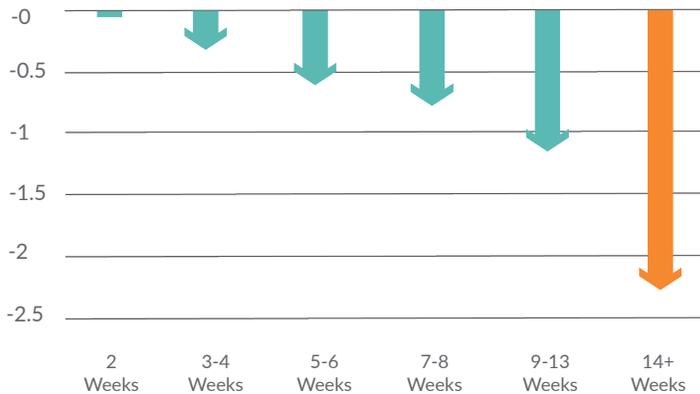
AVERAGE SAVINGS PER NATURALLY SLIM PARTICIPANT

\$30 PMPM

\$360 PMPY

Savings due to decreases in office and specialist visits

BMI Change by Weeks Completed



As length of program participation increased, BMI decreased.

Lower BMI is associated with lower risk for chronic diseases such as heart disease, high blood pressure, type 2 diabetes, and certain cancers.

Naturally Slim lowers costs and saves lives.

To learn more, visit naturallyslim.com/employers.