

Practicing What You Preach

How three health systems, Genesis Health, Mercy Health and Baylor Scott and White Health, successfully integrated Naturally Slim into their employee benefit programs three different ways, improving the health of all three workforce populations.

MAKING GOOD HEALTH A PRIORITY

Healthcare facilities pledge to provide the very best treatment and attention to their patients from doctors, nurses, technicians and support staff. But, those employees work long hours, have crazy schedules and take on high levels of work-related stress which are all factors that can lead to poor health. Notoriously, healthcare providers take great care of others, but not such great care of themselves. Healthcare systems struggle with how to encourage employees to make their own health a priority.

WALKING THE WALK – GENESIS, MERCY HEALTH AND BAYLOR SCOTT AND WHITE HEALTH

Three healthcare systems are bending the trend of medical practitioner health issues with the help of Naturally Slim®. Genesis Health System, Mercy Health and Baylor Scott and White Health (BSWH) each integrated Naturally Slim into their respective employee benefits programs with the goal of improving health risk factors and enhancing quality of life for their team members. Each implemented Naturally Slim in a different way, but all three reported measurable improvements in employee health.

- Genesis (2009 – present) – Integrated Naturally Slim within its homegrown employee wellness program (Healthy Lifestyles)
- Mercy Health (2014 – present) – Integrated Naturally Slim into an existing wellness platform
- BSWH (2010 – present) – Offered Naturally Slim to its employees as a standalone weight loss program

“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 well-being.”

– Nicole Martel, System Director - Health & Well-being for Mercy Health



HEALTH RISK FACTORS

Reducing body weight by as little as 3-5 percent (6-10 lbs. for a 200 lb man) can have a big impact on overall health. In fact, according to the Federal Obesity Guidelines, reducing 3-5 percent of your total body weight can significantly lower blood pressure and blood glucose, as well as reduce the risk for Type 2 diabetes. After completing only 10 weeks of the Naturally Slim program, Genesis, Mercy Health and BSWH participants reported an average weight loss of 8-10 pounds for men and 7-8 pounds for women.

AVERAGE WEIGHT LOSS (LBS) ↓			
	GENESIS	MERCY	BSWH
MEN	9.6	8.4	11.9
WOMEN	8.4	7.1	8.5

Among the health system participants who reported having high blood pressure (HBP) before starting Naturally Slim, **more than 43 percent stated an improvement in their HBP levels.** Likewise, **at least 40 percent of participants with pre-existing high blood glucose reported reduced levels** across all three organizations.



QUALITY-OF-LIFE METRICS

The benefits of Naturally Slim extended beyond health risks into quality-of-life factors for Genesis, Mercy Health and BSWH. These indicators normally match up with participants' capability to master and maintain the new healthier living habits delivered by Naturally Slim for the long term. More than 60 percent of participants from all three healthcare systems reported increased energy and more than 56 percent of those surveyed reported an increase in self-confidence after applying the program's lessons to everyday life.

LONG-TERM HEALTH BENEFITS 	
ENERGY BOOST	+60%
SELF-CONFIDENCE	+56%

"It's a program that is scalable, it can reach a small group or a large group very quickly and it's something where you can see results not only over a short term, but also a long-term period of time."

- Becky Hall, Vice President of Health and Wellness for Baylor Scott & White Health



GETTING PHYSICAL

Consistent physical activity is proven to have a major impact on your ability to maintain weight loss and improve quality-of-life for the long term. This covers the full spectrum of fitness, from high impact exercise (e.g. running, swimming), to leisure activities (e.g. walking the dog, playing with children). Across the three healthcare systems, at least 67 percent of team members stated they had stepped up their physical activity since starting Naturally Slim.

PROGRESS PROVIDED

All three health systems were looking for a way to impact as many of their team members as possible. Genesis, Mercy Health and BSWH have generated measurable results and sustained engagement for more than four years, reinforcing that Naturally Slim works across all types of employee populations in the healthcare industry.

"By focusing on reducing Metabolic Syndrome, the program has helped many Genesis colleagues and spouses reduce their risk factors for heart disease, diabetes and other conditions. In turn, Genesis has been able to keep premiums affordable and experience substantial savings in health care costs."

- Beau Dexter, Director of Compensation & Benefits, Genesis Health System

