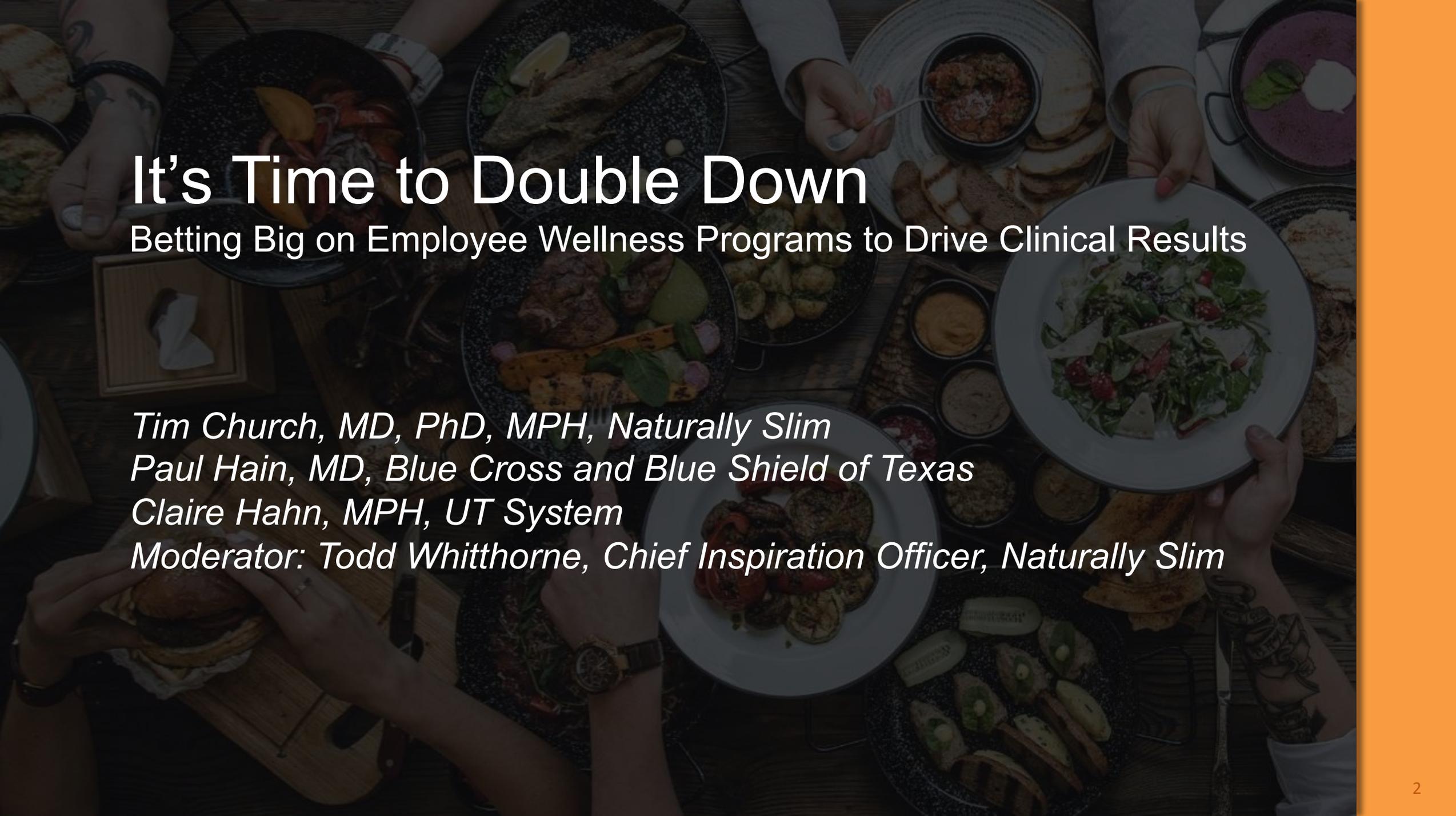


natura)(ySlim<sup>®</sup>

Measurable results. *Guaranteed.*





# It's Time to Double Down

Betting Big on Employee Wellness Programs to Drive Clinical Results

*Tim Church, MD, PhD, MPH, Naturally Slim*

*Paul Hain, MD, Blue Cross and Blue Shield of Texas*

*Claire Hahn, MPH, UT System*

*Moderator: Todd Whitthorne, Chief Inspiration Officer, Naturally Slim*





BlueCross BlueShield  
of Texas



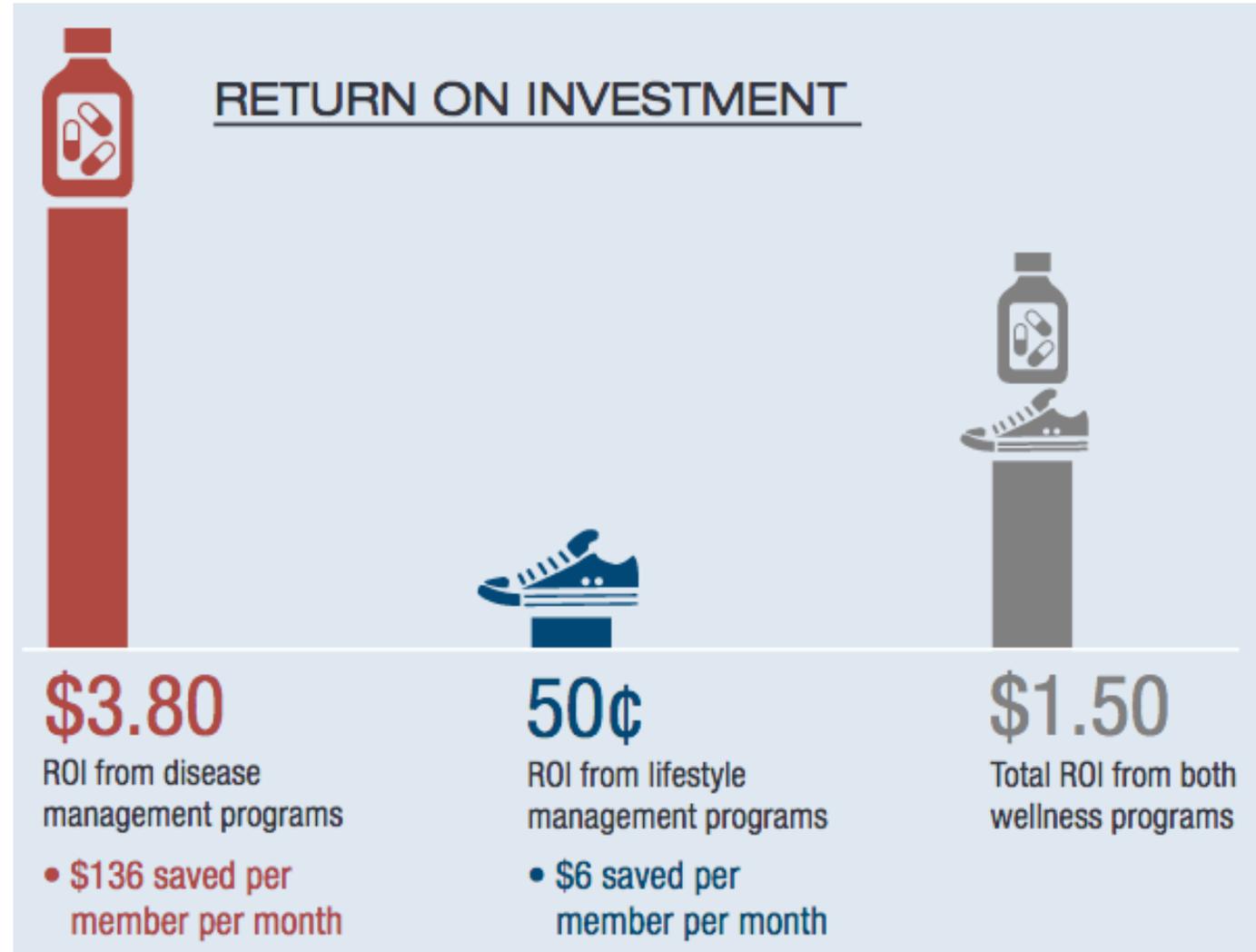
# Workplace Wellness

*PAUL HAIN, MD – NORTH TEXAS MARKET PRESIDENT, BLUE CROSS AND BLUE SHIED OF TEXAS*

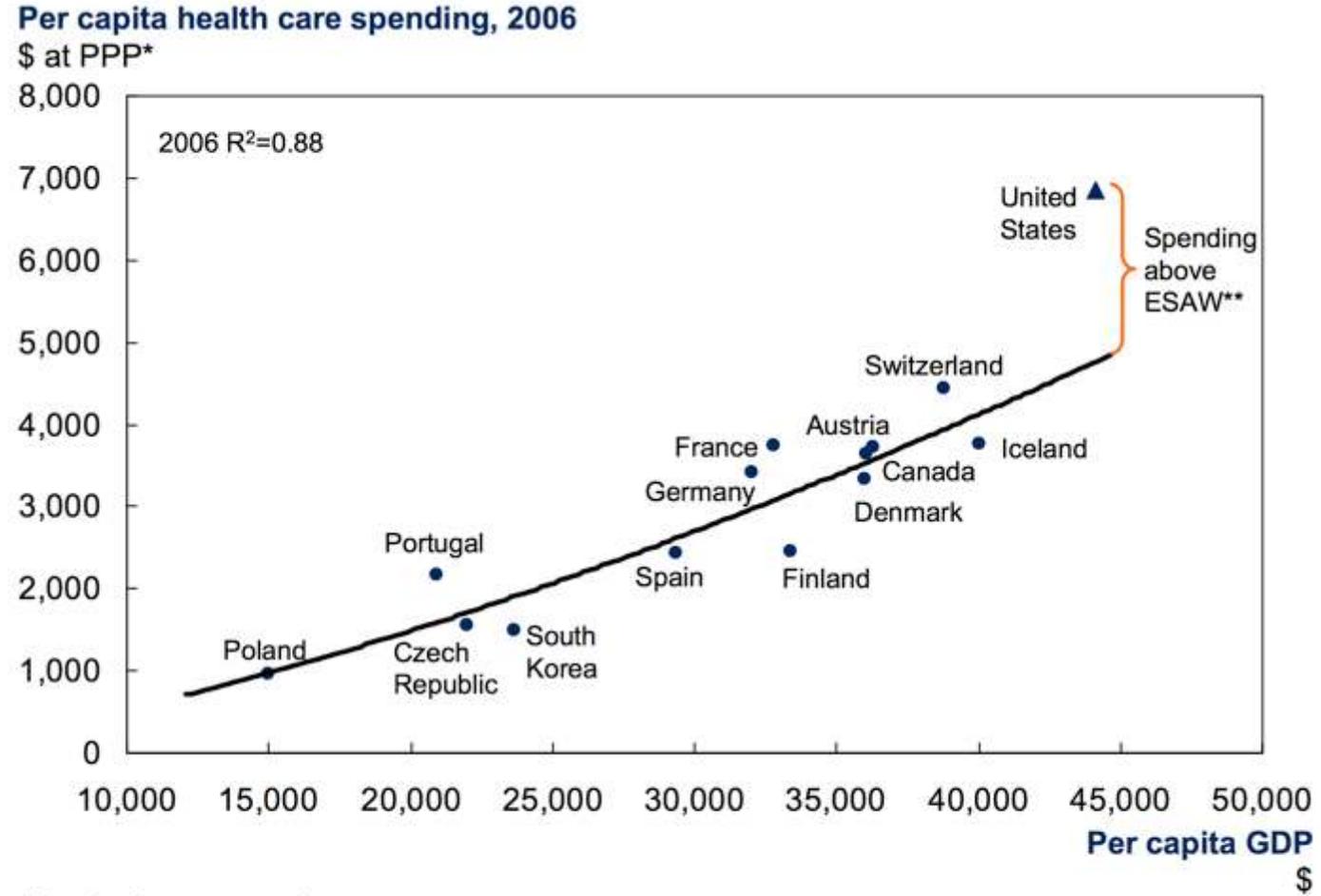


# Do Workplace Wellness Programs Save Employers Money?

www.rand.org, RB-9744 DOL (2014)



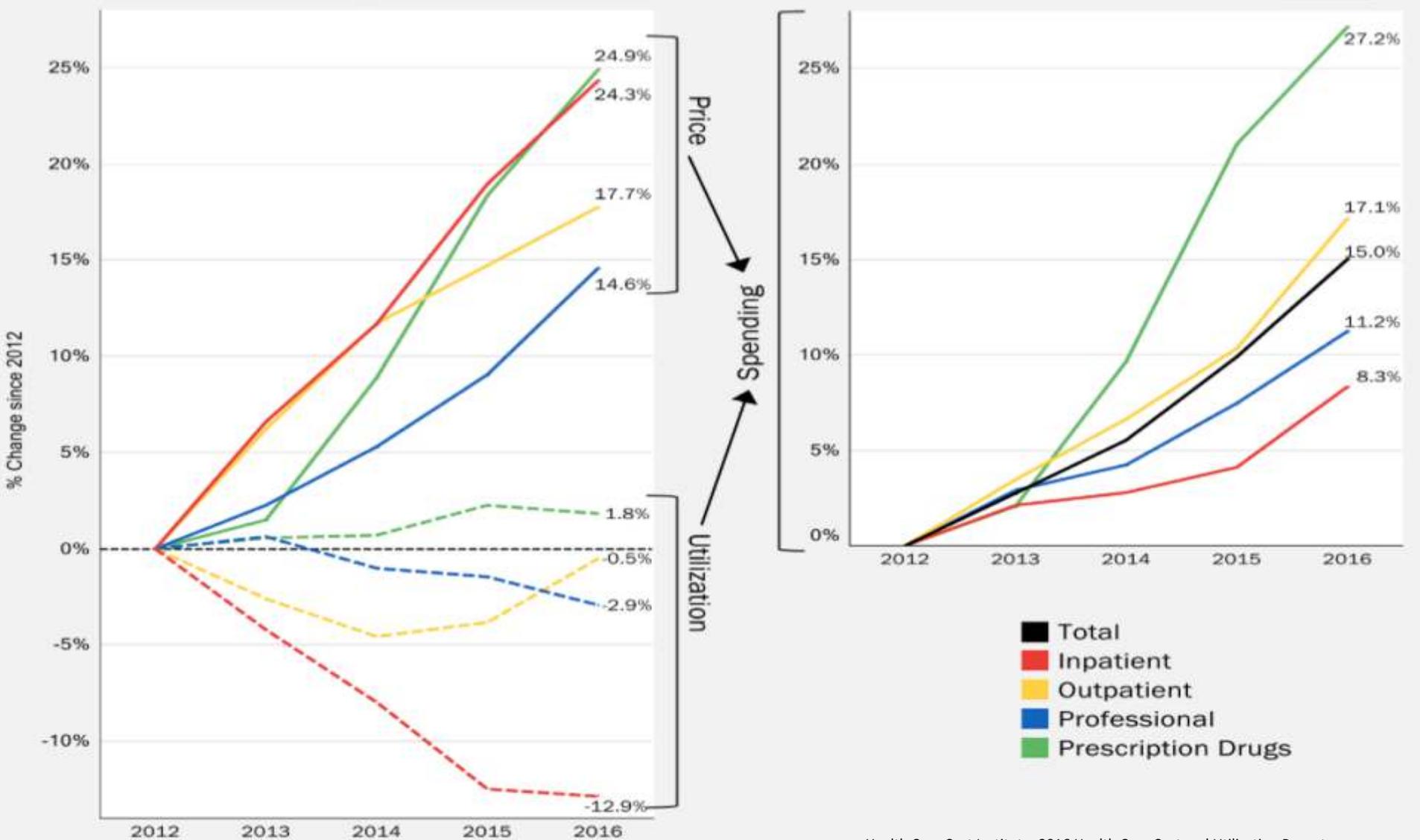
# After Adjustment for Wealth, US Still Spends More Than Other Countries



\* Purchasing power parity.  
\*\* Estimated Spending According to Wealth.

Source: Organisation for Economic Co-operation and Development (OECD)

# Cumulative Change in Price, Utilization and Spending 2012-2016



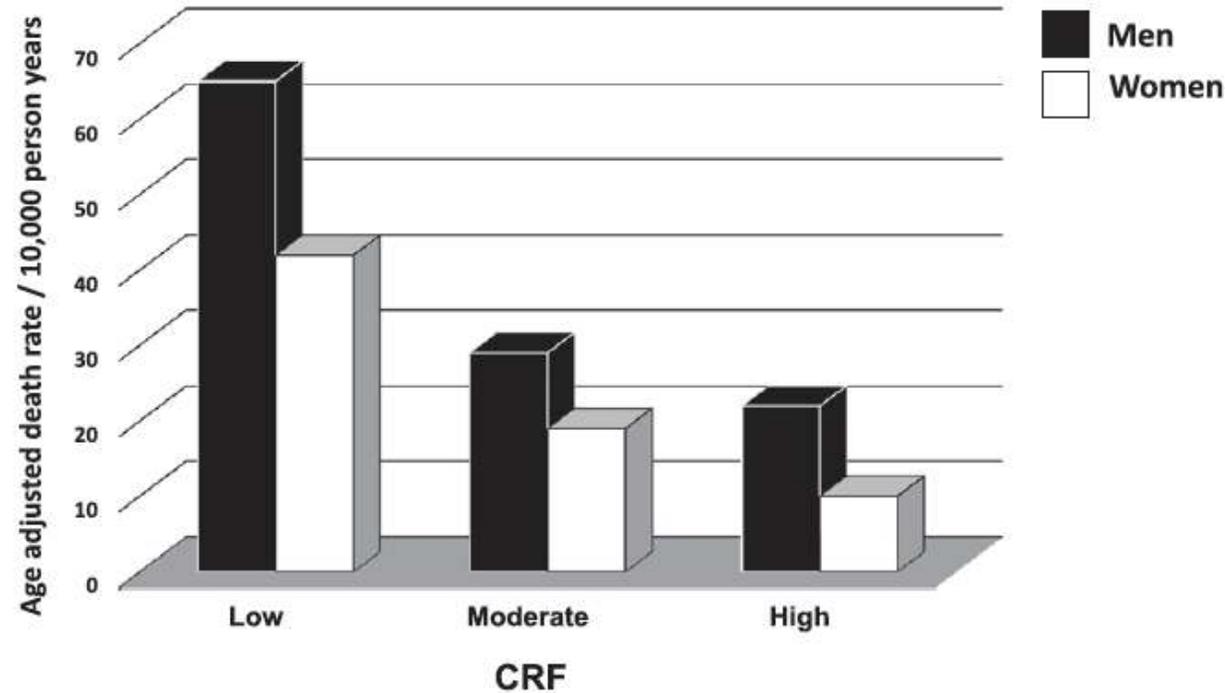
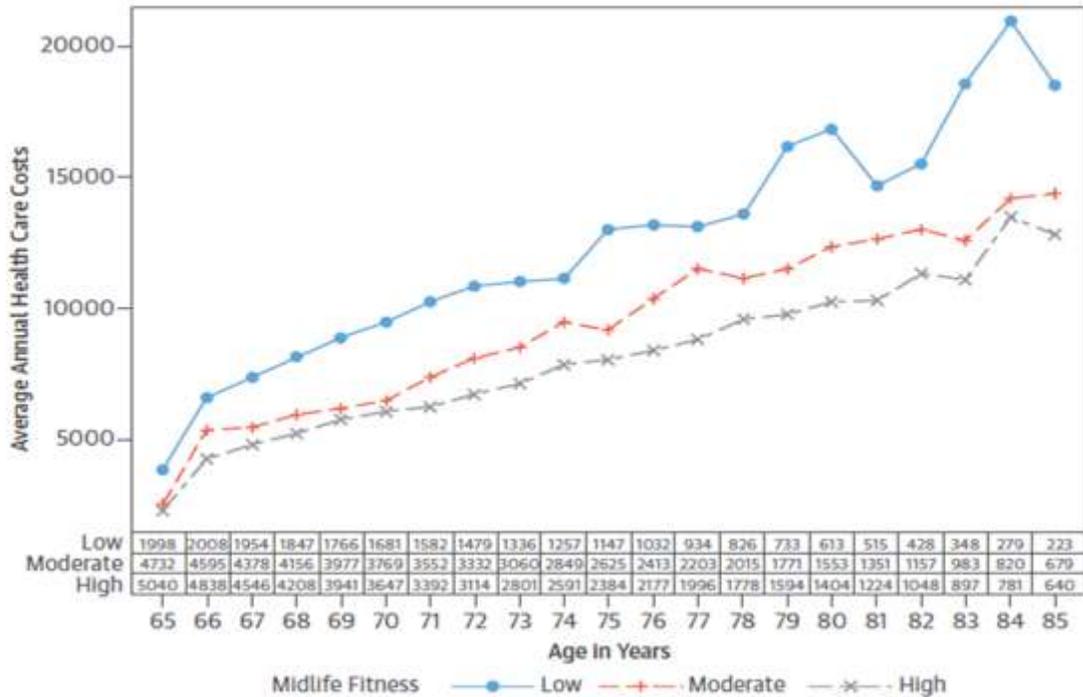
# Cardiovascular Fitness (exercise)

## AHA SCIENTIFIC STATEMENT

### Importance of Assessing Cardiorespiratory Fitness in Clinical Practice: A Case for Fitness as a Clinical Vital Sign

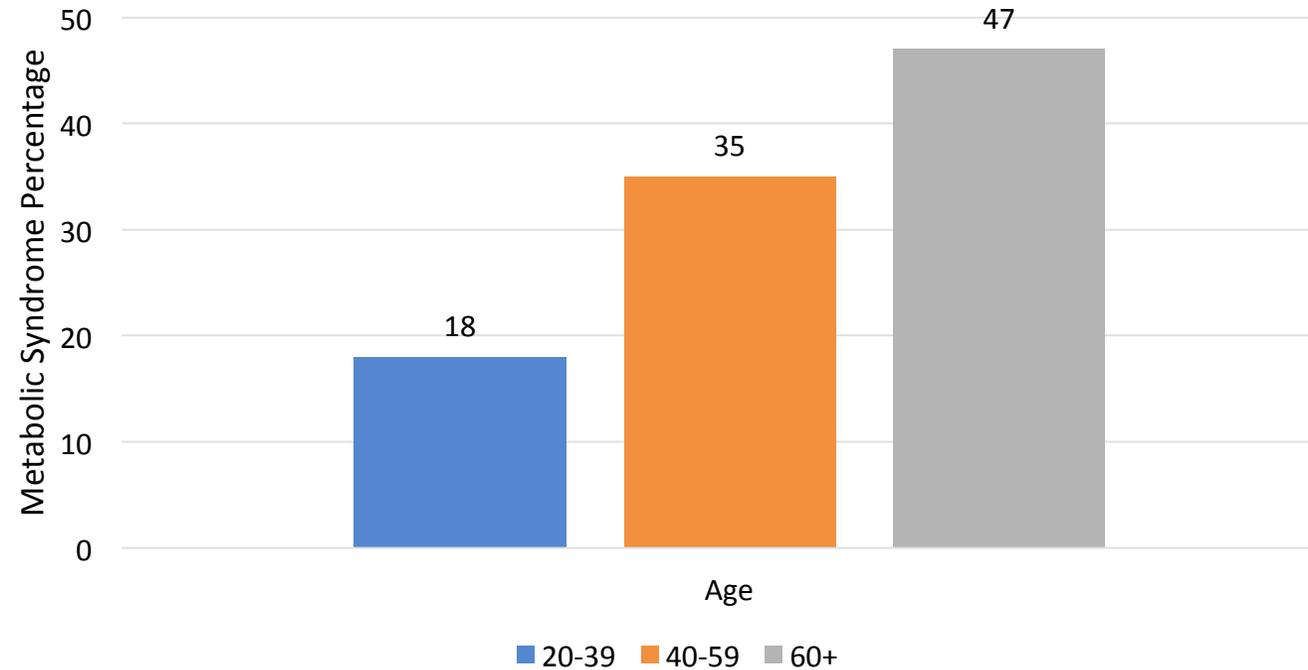
Circulation. 2016;134:00-00. DOI: 10.1161

FIGURE 1 Annual Mean Observed Costs at Each Year of Age by Midlife Fitness Level



# Metabolic Syndrome: 3 of 5 Criteria

- *Large Waist Circumference*
- *High Triglycerides*
- *Low HDL (good cholesterol)*
- *High Blood Pressure*
- *Prediabetes/Diabetes (sugar >100 mg/dl)*



# Eatology™

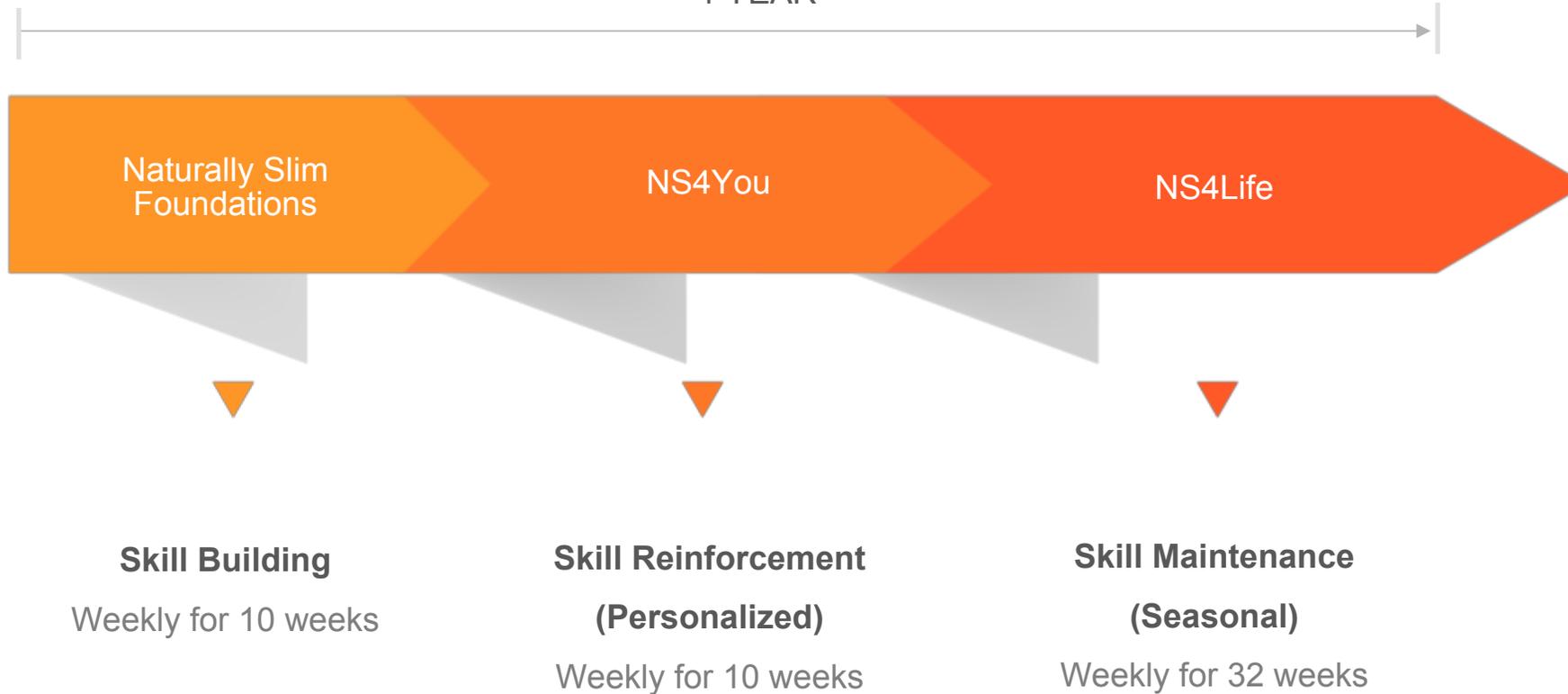
The study of  
when, how and  
why we eat.



# Evidence-based treatment schedule.

## Year-long Curriculum

10-week foundational skill-building program followed by  
skill reinforcement & maintenance for **sustainable behavior change**  
1 YEAR



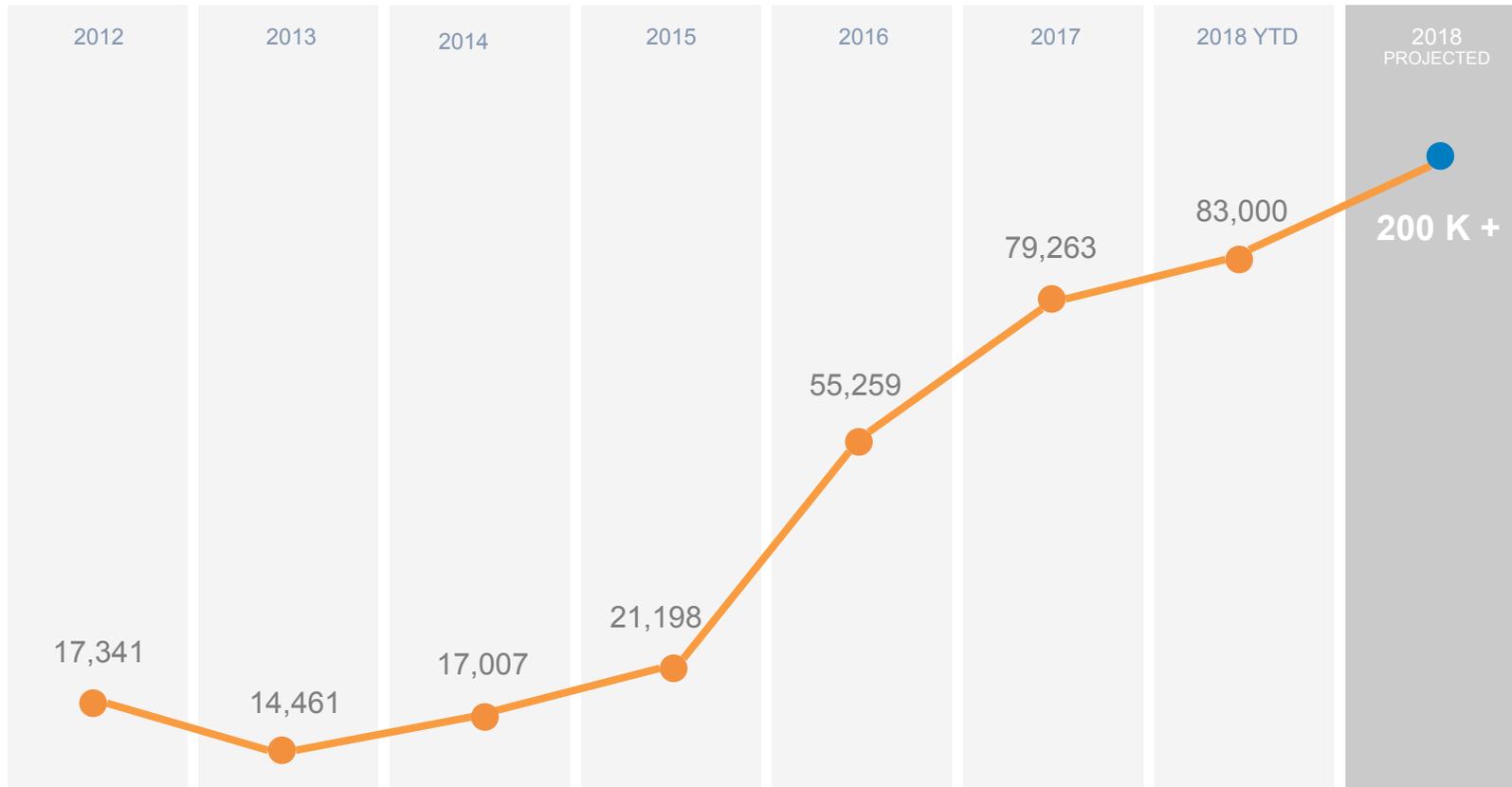
Evidence-based curriculum with the latest clinical and behavioral science.

**Grounded in the principles of the most effective behavioral weight loss programs**

(integrating principles from the DPP, Look Ahead & Pounds Lost studies)

Goal-Setting  
Self-Monitoring  
Stimulus Control  
Modification of Eating & Activity Patterns  
Contingency Management  
Cognitive Behavioral Techniques  
Stress Management  
Relapse Prevention  
Problem Solving  
Vital Needs™

# New Naturally Slim Participants by Year.



Represents over 4 million employee members



**MORE COSTLY TODAY**  
than people without MetS

**2X**  
Risk of  
Heart Disease  
*compared to non MetS*



# Metabolic Syndrome

**5X** 

Risk of Diabetes  
*compared to non MetS*



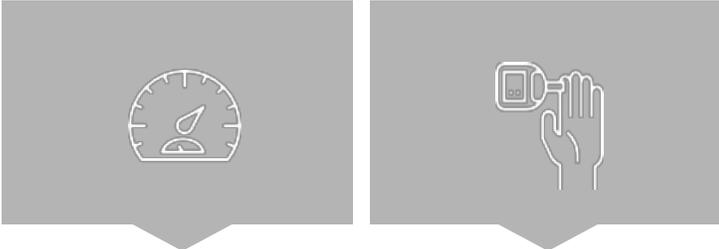
Annual pharmacy spend is

**4X HIGHER**

*than non MetS*

# What we now know is possible in employer populations.

JOURNAL OF METABOLIC  
SYNDROME AND RELATED  
DISORDERS  
N = 3880



Metabolic  
Syndrome  
**-50.7%**

Type II Diabetes  
Risk  
**-55%**

JOURNAL OF OCCUPATIONAL  
AND ENVIRONMENTAL  
MEDICINE  
N = 5988



Blood Pressure Risk  
(among those who lost 5%  
or more in body weight)  
**-50%**



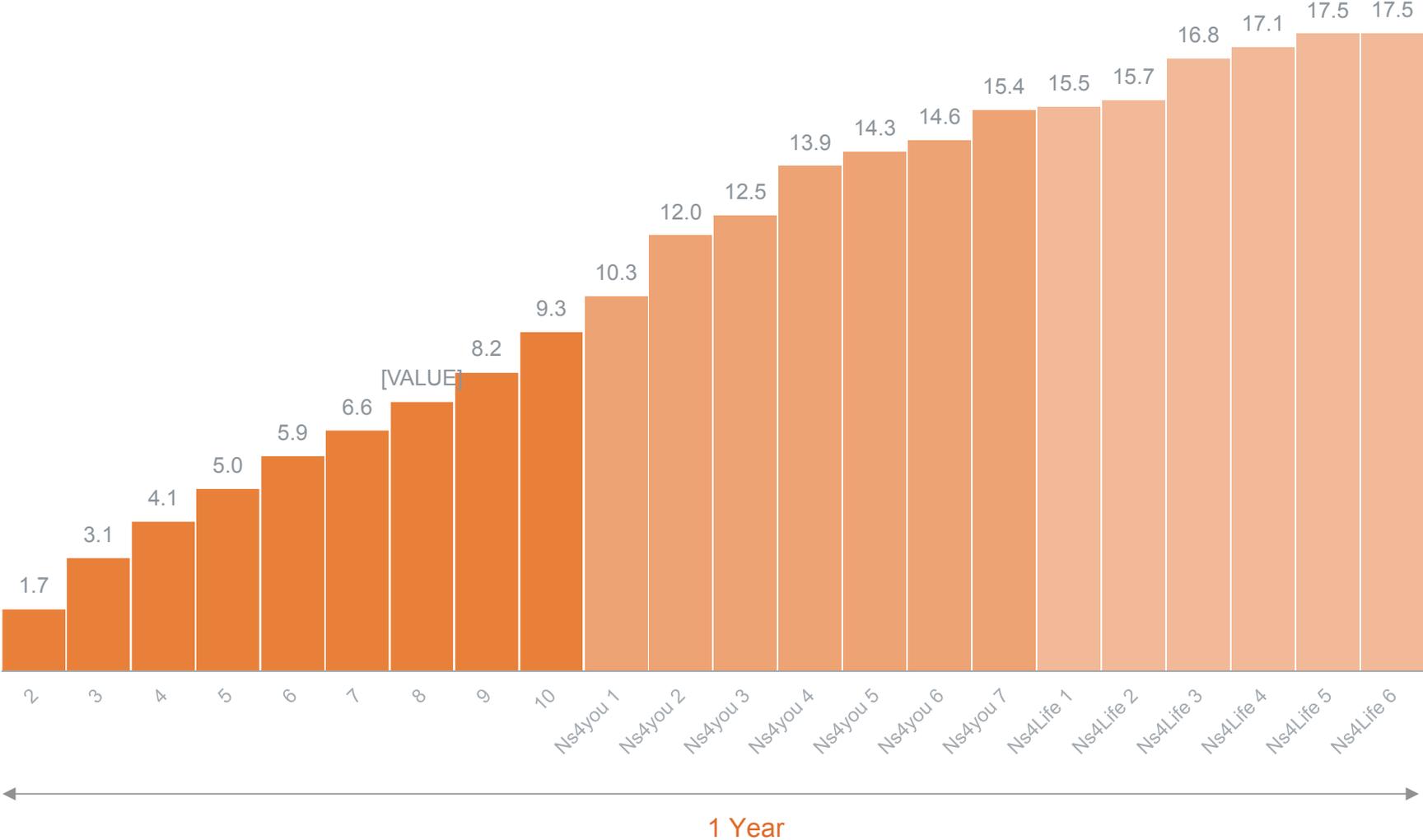
Men lose an average of  
11.6 pounds at 20 weeks  
(6% of bodyweight).



Women lose an average of  
9.8 pounds at 20 weeks  
(5% of bodyweight).

# Delivers a sustainable weight loss trajectory.

Latest 12 months weight loss in pounds book of business.



# 8+ years of demonstrated real-world employer results.

*Metabolic syndrome prevalence of blue collar and white collar companies (N = 6,000+).*



Naturally Slim clients consistently demonstrate sustainable MetS rates almost **HALF** the national average (18% VS. 34%)

## Challenges of Collecting Meaningful Data in Employer Space

- *A good program is always evolving*
- *An employer is not an employer is not an employer*
  - Payment method
  - Incentive versus Penalty
  - Culture and leadership
  - Previous experiences – Are you cleaning up a mess?
- *What does drop-out represent?*
- *Good luck getting meaningful cost data*
  - Change carriers
  - Change in plans – high deductible
  - Change in the world - elections

# Conclusions

- A digital program can impact population metabolic health
- We need to rethink data collection and analysis
  - *Dynamic models*
- There is a great need to better understand the balance between entertainment and effectiveness

# Naturally Slim Implementation

Claire Hahn, Wellness Manager



We seem to have lost a parade of  
elephants...

16,000+ pounds lost and counting!

 Benefits natura)(ySlim®  
THE UNIVERSITY OF TEXAS SYSTEM



# Naturally Slim

- Outcomes
- Accessibility
- Ease of Implementation



Love hamburgers while losing love handles.

**Lose weight and improve your health while eating the foods you love.**

UT Benefits is offering **you, your spouse and adult dependents** an opportunity to lose weight — **for free** — with a program called Naturally Slim. The Naturally Slim program has the secret to lasting weight loss and it doesn't include starving, counting calories, or eating diet food. Plus, it's an online program, so you can participate when it's convenient for you.

Naturally Slim will help you learn how to eat to reduce your chance of getting a serious disease, like diabetes or heart disease, and increase your chances at living a longer, healthier life.

**Space is limited. Apply between March 1 - 17, 2017.**  
[www.naturallyslim.com/livingwell](http://www.naturallyslim.com/livingwell)

The program is available to UT SELECT Medical plan members age 18 and above, including employees, retirees, and dependents. The Naturally Slim program begins April 3, 2017.

natura)(y)slim®

 **UT Benefits**  
The University of Texas System

 **LivingWell**  
make it a priority



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[www.utsystem.edu](http://www.utsystem.edu)

# Coordinator Toolkit

## Naturally Slim's Wellness Coordinator Toolkit

Your tools for promoting Naturally Slim to UT System employees.

### Improving the health of UT System employees

Naturally Slim is a simple, online program that helps employees lose weight and improve their health. It's not a diet. There are no points to count, no starving, and no eating diet food! The program teaches participants *when* and *how* to eat the foods they love while losing weight, boosting their energy and improving their health.



Below you will find information and tools to help you promote Naturally Slim on your campus.

#### Application Details:

- Application period: March 1 - 16, 2018
- Apply at: [www.naturallyslim.com/LivingWell](http://www.naturallyslim.com/LivingWell)
- Program starts: April 2, 2018
- Eligibility: UT SELECT Medical Plan members age 18 and above, including employees, retirees and dependents
- Cost: Naturally Slim is offered at no cost to UT SELECT Medical Plan members age 18 and above, including employees, retirees and dependents

#### Materials for Download:

Flyers:



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[WWW.UTSYSTEM.EDU](http://WWW.UTSYSTEM.EDU)

# Communications

- Direct mail
- UT Benefits newsletter
- Email
- Facebook Live
- Webcasts
- Institution-specific channels
- Social media
- Onsite health fairs and events



# New Year's

Here's a New Year's Resolution:

# NO MORE DIETING.

**Eat your favorite foods.  
Lose weight.  
Repeat.**

Ever wonder how some people can eat all their favorite foods and not gain weight? Naturally Slim is a ten-week online program that will teach you how. And here's a hint: It doesn't include starving, counting calories or eating diet food.

This Spring, The University of Texas System, Office of Employees Benefits and its Living Well Program are giving UT SELECT Medical Plan members the chance to learn how to eat the foods you love while reducing your risk of developing a serious condition, like diabetes or heart disease.

Naturally Slim is available **at no cost to you** and is accessible via computer and mobile device so you can participate whenever it's convenient, wherever you are.

**NEW!** The Naturally Slim experience has been redesigned! UT System participants will experience a new, more engaging and personalized program.

**Join the waitlist now:**  
[www.naturallyslim.com/LivingWell](http://www.naturallyslim.com/LivingWell)

natura)(yslim\*

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[www.UTSYSTEM.EDU](http://www.UTSYSTEM.EDU)



## Coming Soon: Learn how to lose weight & improve your health without giving up your favorite foods.

The Naturally Slim program is available at no cost to all UT SELECT and UT CONNECT Medical Plan members age 18 and above, including employees, spouses, dependents and retirees.

natura)(yslim®

LIVINGWELL  
Member of Aetna

UT Benefits  
The University of Texas System



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# Refer a Friend



Share Naturally Slim  
with your co-workers.

You've experienced the Naturally Slim program and now you understand key principles like: it's not what you eat, but *when* and *how* you eat that makes all the difference in weight loss. No doubt, people are asking how you lost weight, while continuing to eat the foods you love.

**Now, you can share Naturally Slim with your co-workers, spouse, and dependents age 18 and above who are UT SELECT Medical plan members!**

UT System is offering the Naturally Slim program to plan participants for free (a \$500 value). Forward this message to your co-workers or spouse and let them know to visit [www.naturallyslim.com/livingwell](http://www.naturallyslim.com/livingwell) to sign up for the next Naturally Slim class.

**Enrollment begins March 1, 2017 and space is limited.**

The program is available to UT SELECT Medical plan members age 18 and above, including employees, retirees, and dependents. The Naturally Slim program begins April 3, 2017.

natura}y{slim<sup>®</sup>

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WWW.UTSYSTEM.EDU



Learn how UT employee, RC Alamo Velez, **lost 62 pounds** without giving up her favorite foods.

Learn more at  
[naturallyslim.com/LivingWell](https://naturallyslim.com/LivingWell)

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LivingWell  
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naturallyslim

UT Benefits  
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*"I have to admit the "eat anything you want" statement made me question how successful I might be. But wanting to lose weight and feel better as I go into my advancing years, I was willing to try it."*

- Barb Schwartz, UT System Participant, lost 50 pounds

Learn how to lose weight and improve your health while eating the foods you love.

Ever wonder how some people can eat all their favorite foods and not gain weight? Naturally Slim is an online program that will teach you how. And here's a hint: it doesn't include starving, counting calories or eating diet food. The University of Texas System, Office of Employee Benefits and its Living Well Program are giving you the chance to learn how to eat the foods you love while reducing your chances of developing a serious condition, like diabetes or heart disease — at no cost to you.

Space is limited. Apply between March 1 - 16, 2018.

[www.naturallyslim.com/livingwell](http://www.naturallyslim.com/livingwell)

The Naturally Slim program starts April 2, 2018 and is available to all UT SELECT Medical Plan members age 18 and above, including employees, retirees, and dependents.

NEW!  
Past participants can re-apply to experience the new & improved Naturally Slim!



LivingWell  
THE UNIVERSITY OF TEXAS SYSTEM

naturallyslim

UT Benefits  
THE UNIVERSITY OF TEXAS SYSTEM

*"I was extremely skeptical, but I committed to finish the entire course. Much to my surprise, the weight started to come off without me feeling like I was depriving myself or working particularly hard!"*

- Lydia C., UT Austin, lost 47 pounds

Learn how to lose weight and improve your health while eating the foods you love.

Ever wonder how some people can eat all their favorite foods and not gain weight? Naturally Slim is an online program that will teach you how. And here's a hint: it doesn't include starving, counting calories or eating diet food. The University of Texas System, Office of Employee Benefits and its Living Well Program are giving you the chance to learn how to eat the foods you love while reducing your chances of developing a serious condition, like diabetes or heart disease — at no cost to you.

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[www.utsystem.edu](http://www.utsystem.edu)



"My triglycerides are down from 273 to 65, I'm off the Lipitor... the effects of this program have been really tremendous."

- Luke Rosenberger, UT Employee, lost 110 pounds

**Sign up today for FREE.**  
**[naturallyslim.com/LivingWell](http://naturallyslim.com/LivingWell)**

The Naturally Slim program is available at no cost to all UT SELECT and UT CONNECT Medical Plan members age 18 and above, including employees, spouses, dependents and retirees.



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[www.UTSYSTEM.EDU](http://www.UTSYSTEM.EDU)

Shelita K., UT M.D. Anderson Cancer Center

# Lost 51 pounds

Naturally Slim<sup>®</sup> will teach you how to lose weight and improve your health while eating the foods you love.

**Space is limited. Apply between March 1 - 16, 2018.**  
[www.naturallyslim.com/livingwell](http://www.naturallyslim.com/livingwell)

The Naturally Slim program is available to all UT SELECT Medical Plan members age 18 and above, including employees, retirees, and dependents.

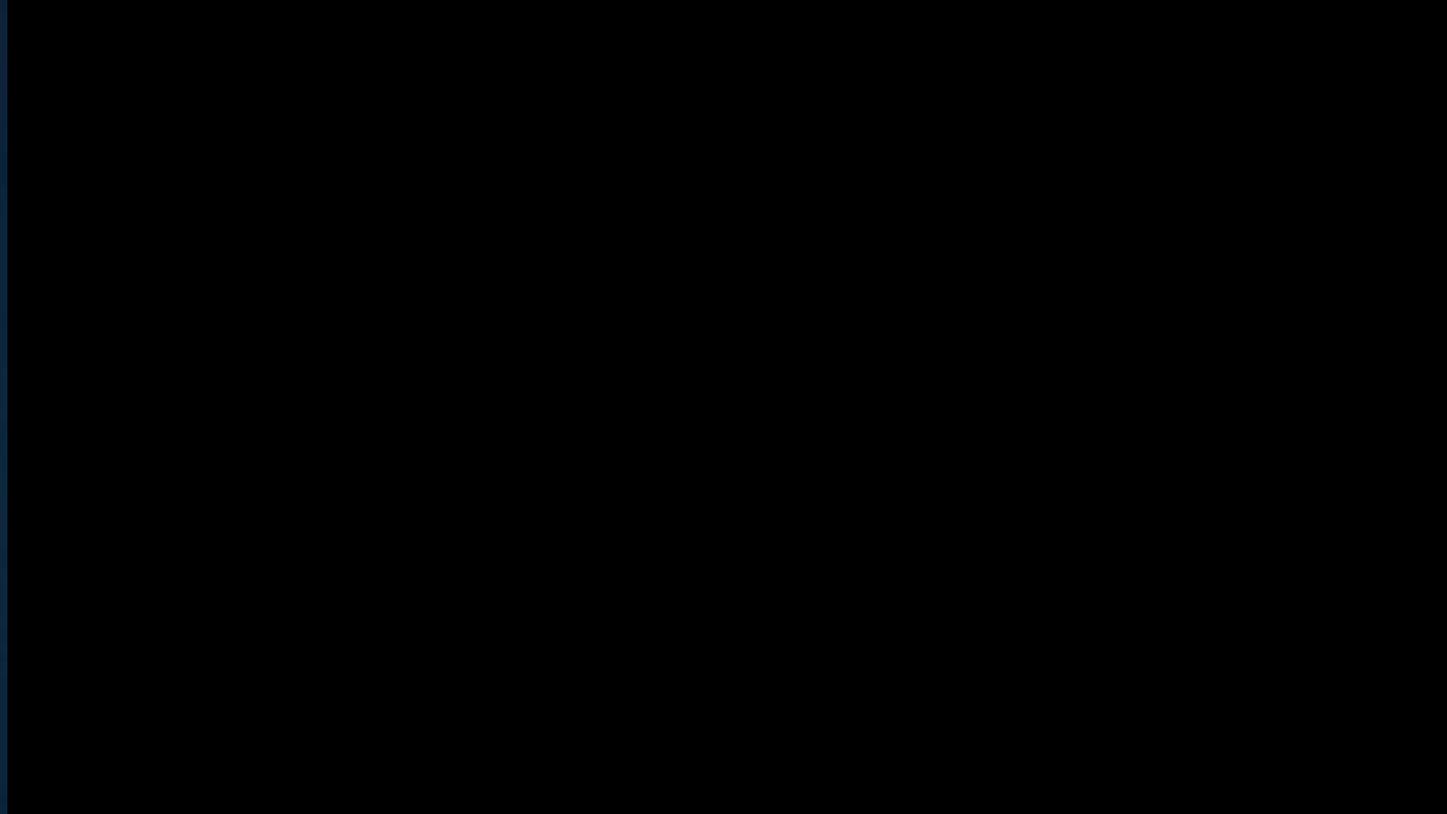
natura)(y)slim<sup>®</sup> LivingWell making it so easy UT Benefits THE UNIVERSITY OF TEXAS SYSTEM



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# Testimonial Video



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[WWW.UTSYSTEM.EDU](http://WWW.UTSYSTEM.EDU)

# Other Support

- Welcome packages
- Direct questions to Naturally Slim
- Reports and data
- Program Integrations



# Thank you!

- Claire Hahn
- [chahn@utsystem.edu](mailto:chahn@utsystem.edu)



A top-down view of a group of people dining at a restaurant. The table is set with various dishes, including a burger, a salad, a bowl of soup, and several plates of meat and vegetables. Hands are visible holding plates, a fork, and a knife. The text "THANK YOU!" is overlaid in the center in a large, white, sans-serif font.

THANK  
YOU!