

## Improving Your Health – One Plate at a Time with Naturally Slim®

As we work with you to improve member health, the A&M System offers a program called Naturally Slim to all employees/retirees and spouses enrolled in the A&M Care, 65 PLUS or J plans.

We've all heard that healthy eating, healthy weight management, and physical activity can help prevent heart disease, stroke, diabetes, many cancers, and other health problems. But the beginnings of these problems – collectively known as “metabolic syndrome” – are a silent epidemic that affects an estimated one in four adult Americans.

Through our partnership with Naturally Slim® you have the opportunity to lose weight, feel better, and decrease your health factors for metabolic syndrome.

### What is “Metabolic Syndrome?”

Metabolic syndrome is a collection of health factors that dramatically increases your risk of developing heart disease, diabetes, depression, stroke, cancer, and a number of other medical conditions. These five questions can tell you if you are at risk:

1. **Blood pressure:** Is yours 130/85 or higher?
2. **HDL (good) cholesterol:** Is your level less than 40 mg/dl (milligrams/deciliter) for men; less than 50 mg/dl for women?
3. **Fasting blood glucose:** Is your glucose level 100 mg/dl or higher?
4. **Triglycerides:** Is yours 150 mg/dl or higher?
5. **Waistline:** Does yours measure 40” or more for men; 35” or more for women (when measured across the belly button)?

If you answered “yes” three or more times, you may have metabolic syndrome. People with metabolic syndrome have a significantly higher chance of developing a medical condition in the next several years.

### How the Program Works

The Naturally Slim program focuses on the issue of metabolic syndrome and offers methods to help you create changes in your behavior. More specifically, it:

- Fights metabolic syndrome by focusing on weight loss and maintaining a healthy lifestyle.
- Enables you to develop a lifestyle of eating your favorite foods while still improving health and losing weight.
- Teaches you to identify personal eating habits, recognize the difference between true hunger and psychological hunger, understand how hydration habits influence hunger, and practice ways to minimize fat storage.
- Addresses how exercise, stress, and your environment affect weight loss.
- Includes 10 weekly self-paced, online video sessions, as well as frequent correspondence and positive guidance from a team of counselors over a 10-week period.

### Why Naturally Slim?

Naturally Slim, offered by ACAP Health, in partnership with BlueCross BlueShield of Texas, is unique in that it submits claims for program participation to our health plan. These claims are coded as preventive obesity counseling and are covered at 100% per ACA guidelines for preventive care. The plan pays only for those classes the member actually completes. In addition to impressive improvements in the health factors that contribute to metabolic syndrome, participants also show excellent long-term results (over 77% of participants retain the weight loss).

### Who can participate?

Eligible members are employees/retirees and spouses covered on the A&M Care, 65 PLUS or J plans.

Clinical information collected through the Naturally Slim application process is used by Naturally Slim to determine final eligibility for the program.

### How does it work?

After being accepted into the program, participants watch a series of weekly videos through an internet browser instructing them on the Naturally Slim program principles. This includes 10 weekly sessions in the main program, 7 sessions that serve as post-program reinforcement, and 6 additional maintenance sessions. Videos must be watched in order and are available for a limited amount of time.

### How can I enroll?

You can apply any time by going to [www.naturallyslim.com/tamus](http://www.naturallyslim.com/tamus) and completing the application. Evaluation of applications is done by Naturally Slim who will also notify participants by email of whether or not they have met the requirements to participate in the program and provide instructions on how to access the program.

### A Note About Confidentiality...

The information you provide to Naturally Slim will be considered confidential and will be available only to you and the Naturally Slim program professionals. The Texas A&M University System will have no access to the personal information that you include in the online application. Furthermore, Naturally Slim cannot sell or otherwise divulge any participant information to any unauthorized party.

### No Cost to You!

For eligible participants, the program will be provided at no cost. Your participation will help the Texas A&M University System achieve its goal of becoming a more health-conscious organization.