ACAP Health Contacts:
Tim Church, M.D., M.P.H., Ph.D.
Charisse McCumber, COO
Austin Wilcox, Product Leader
Lacy Schwertner, Project Manager
Agenda

- Why Naturally Slim
- What is Naturally Slim
- How will Naturally Slim work at TAMUS
- Questions
Is it Only About Obesity?

Obesity Prevalence

Obesity Prevalence

14.5% 15.0% 24.5% 31.0% 36.1%

0.0% 5.0% 10.0% 15.0% 20.0% 25.0% 30.0% 35.0% 40.0%


Obesity Prevalence
Obesity and Diabetes

![Graph showing the increase in obesity and diabetes prevalence from 1971 to 2010. The trend for obesity is labeled as 63.3%, while the trend for diabetes is labeled as 63.8%.]
The Problem: America’s Diabetes Escalator

40% of adults born after 2000 will develop diabetes

Source: U.S. Ctr Disease Control & Prevention; Aug. 13, 2014, The Lancet Diabetes & Endocrinology
Diabetes and Healthcare Costs

Diabetes

Heart

Musculoskeletal

Cancer
Single Focus, Co-morbid Impact

<table>
<thead>
<tr>
<th>Diabetes</th>
<th>Heart</th>
</tr>
</thead>
<tbody>
<tr>
<td>MSK</td>
<td>Cancer</td>
</tr>
</tbody>
</table>
Metabolic Syndrome is defined as having 3 or more of the following risk factors:

- Blood Pressure: <130/85
- HDL Cholesterol: >40/50
- Triglycerides: <150
- Blood Sugar: <100
- Waist Circumference: <40/35
Clusters of Risk
Create a Toxic Recipe

Metabolic Syndrome

- 7x greater risk for diabetes
- 3x greater risk of heart disease
- 2x more likely to have a stroke
- 2x greater average annual medical costs
- 4x greater annual medication spend
- 2x more missed work days

High blood pressure
Low HDL (good) cholesterol
High triglycerides
High blood sugar
High waist circumference

Disease Risk Associated with Metabolic Syndrome

- Alzheimer’s
- Cataracts
- Sleep Apnea
- Breast Cancer
- Heart Attack
- Gall Bladder Disease
- Nonalcoholic Fatty Liver Disease
- Pancreatitis
- Pancreas Cancer
- Diabetes
- Kidney Disease/Cancer
- Ovarian Cancer
- Urinary Tract Cancer
- Psoriasis
- Arthritis
- Gout
- Depression
- Stroke
- Retinopathy
- Esophagus Cancer
- Cardiovascular Disease
- Congestive Heart Failure
- Hypertension
- Pulmonary Disease
- Colorectal Cancer
- Erectile Dysfunction
- Gynecological Abnormalities
- Endometrial Cancer
- Non-Hodgkins Lymphoma
- Leukemia
natura)(yslim®
43% Metabolic Syndrome Reduction

10.1 Pounds of average weight loss

+ 5% Body weight lost at 12 months

100% Performance Guarantee for Clinical Results
Risk factor reversal

- Elevated Waist Circumference: -17%
- Elevated Triglycerides ("good cholesterol"): -39%
- Reduced HDL: -10%
- Elevated Blood Pressure: -35%
- Elevated Fast Glucose: -27%

N=7630
Reversing the escalator

- Pre-diabetic Risk: Glucose 100 - 125
  -27.6%

- Diabetic Risk: Glucose > 126
  -28.4%

- Elevated Waist Circumference: -45%
- Elevated Triglycerides: "good cholesterol"
- Reduced HDL Blood Pressure: -35%
- Elevated Blood Pressure: -27%
- Elevated Fast Glucose: -27%
Weight Change and Diabetes Prevention

Diabetes Cases per 100 people-yr

Weight Loss (% of Starting Body Weight)

12.5% Convert to Diabetes over next 12 Months

TAMUS Pilot Results

33% Reversal Rate of Metabolic Syndrome Prevalence

11.1 Average Participant pounds of weight loss in 10 weeks

73% Participants improved waist circumference

73% Participants improved HDL Cholesterol

77% Participants improved Blood Pressure

64% Participants improved Blood Sugar

46 TAMUS Pilot Participants
## Sustainability of Clinical Results
### Client Case Study (N=3,786)

<table>
<thead>
<tr>
<th>Year</th>
<th>Total Screened</th>
<th>MetS Prevalence</th>
<th>Employees Screened</th>
<th>MetS Prevalence</th>
<th>Spouses Screened</th>
<th>MetS Prevalence</th>
</tr>
</thead>
<tbody>
<tr>
<td>2008</td>
<td>2,701</td>
<td>26%</td>
<td>2,701</td>
<td>26%</td>
<td>*</td>
<td>*</td>
</tr>
<tr>
<td>2009</td>
<td>4,078</td>
<td>27%</td>
<td>2,834</td>
<td>21%</td>
<td>1,244</td>
<td>34%</td>
</tr>
<tr>
<td>2010</td>
<td>4,329</td>
<td>22%</td>
<td>3,000</td>
<td>19%</td>
<td>1,329</td>
<td>29%</td>
</tr>
<tr>
<td>2011</td>
<td>3,997</td>
<td>20%</td>
<td>2,737</td>
<td>19%</td>
<td>1,260</td>
<td>26%</td>
</tr>
<tr>
<td>2012</td>
<td>3,562</td>
<td>16%</td>
<td>2,449</td>
<td>12%</td>
<td>1,113</td>
<td>18%</td>
</tr>
<tr>
<td>2013</td>
<td>3,786</td>
<td>16%</td>
<td>2,615</td>
<td>12%</td>
<td>1,171</td>
<td>18%</td>
</tr>
</tbody>
</table>

*Spouses were not part of the program in 2008*
Naturally Slim® Overview

- Based on new understandings of what thin people do naturally
- Foundations™ 10-week skill building phase
  - Mindful eating, nutrition, and physical activity
  - Only 1 hour per week of class time
- Foundations™ + NS4You™ + NS4Life™ = 12 Months
- Convenient and consistent delivery via eHealth platform
- Full counselor support, monitoring and engagement
  - Questions: info@naturallyslim.com
- Jawbone™ and Fitbit™ integration for activity tracking
- Program is a network provider, billed as a claim (per week) without cost share to member
Naturally Slim Clinical All-Star Team

MARCIA UPSON, RN, MS, FNP-C
PRESIDENT - NATURALLY SLIM | FAMILY NURSE PRACTITIONER

TIM CHURCH, M.D., M.P.H, Ph.D.
CHIEF MEDICAL OFFICER - ACAP HEALTH

GEORITA FRIERSON, Ph.D.
BEHAVIORAL PSYCHOLOGIST

TODD WHITTHORNE
PRESIDENT - ACAP HEALTH | B.S. KINESIOLOGY
Behavior Change through Distance Learning
Simple & Intuitive User Experience
Online Support Community
Enrollment Process

1. Employee Communication Campaign (-6 weeks to class start)
2. Employee Application Opens (-4 weeks)
3. Application Review (-2 weeks)
4. Acceptance & Deferral Communication (Biometric Screening, if needed) (-1 weeks)

- Finally...
- Eat, Drink & Be Half of Mary

Subject: Your Naturally Slim Application Status

Congratulations! Your application to participate in Naturally Slim’s June 9th class has been accepted!

To participate successfully, here’s what you need to know:

- Naturally Slim is free to COMPANY employees as long as all program requirements are met. If you do not complete the program as defined below, you will be charged $150 penalty. COMPANY will accept a check or money order from you no later than one week following the program end. The requirements for program completion are:
  1. Attend the live kickoff meeting.
  2. Complete 6 online video sessions (and accompanying homework) within the 2-week time period allotted for each one.
  3. Complete a post-program biometric screening within the required timeframe.

- The live kickoff in-person meeting will be held Friday, June 9, 2006 from 10am to 10:30am in the Auditorium. Your attendance is important for you to receive program materials and a program overview.

- You will have two weeks to complete the week’s online class. You can complete the online classes at any time, anywhere, as long as you start no later than the deadline by the week’s end. If you complete the class within the required timeframe, you will receive a certificate in biometric screening.

- You have two weeks to complete the program’s online class. If you fail to do so, you will lose participation status and fail to receive credit for completing the program.

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- If you have any additional questions, please email Info@NaturallySlim.com.

Thank you for your willingness to participate and improve your health!

Sincerely,
Marcia Upson

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Sincerely,
Marcia Upson
Participant Experience

Welcome Emails
(Kickoff)

Weekly Classes
with Learning Dashboard
(Ongoing for 10 weeks)

Progress Tracking & Weekly Quizzes
(Ongoing)

Online Community for Social Support
(Ongoing)

Naturally Slim Welcomes You!

Please be sure to read this entire e-mail, as everything is extremely important for successful completion of the program.

Hello, and welcome to Naturally Slim!

By joining us for this program, you are making a valuable investment in yourself and your future, as well as the lives you lead for successful weight loss and a healthier lifestyle. And, you need to get ready for your ideal health today! Please click on the link below, or call and speak into our number.

http://www.naturally-slim.com/signup

Here is where you will log-in every time you use the program. This is created during registration. If you do not receive your user ID or password, please review the online registration form.

Your Naturally Slim online experience includes the following components: your dashboard and its features.

Dashboard:
Your dashboard is where you will view your weekly classes and receive updates about your progress.

Weekly Lessons:
Weekly classes are held twice each week. You will receive a brief introduction idea, a brief overview of the lessons you will be learning, along with the key points. Each week will take you through the lessons, and the assignments will be set for the next week. You will be able to see your progress and your feedback.

Viewing the program:

Near the top of your dashboard, you will notice your Program Schedule. For viewing, it is a new class and new idea. You will have access to additional ideas, one of which is included in each weekly lesson. The second week of the program will be a different focus on your progress. You will receive an email with instructions on how to attend the classes.

The YMN Quiz contains the largest number of questions, 1-2 each week. You will get feedback on your progress, and the questions will be randomly generated. You will be able to select from a list of answers. You will be able to review your progress, and you will be able to get feedback on your progress.

Do you chew slowly?

Yes | Maybe | No

It is recommended to eat what is consumed with the following.

Final Exam:

Carbohydrates are considered the body's most efficient source of energy. The diet is balanced with a variety of healthy foods, including:

- Fruits
- Vegetables
- Grains
- Legumes
- Nuts
- Seeds
- Dairy
- Meat

In this diet, you will be asked to select questions about your progress, and you will be asked to select a question about your progress.
# Implementation Plan

<table>
<thead>
<tr>
<th>Group</th>
<th>Institutions</th>
<th>App Open/Close</th>
<th>Kick Off</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Group A</strong></td>
<td>TAMU; HSC/BCS</td>
<td>June 15th - 26th</td>
<td>July 13th, 2015</td>
</tr>
<tr>
<td><strong>Group B</strong></td>
<td>TEES; TTI; TEEX; AgriLife Exp Stn; AgriLife Exp Svc; TFS; TVMDL</td>
<td>July 13th - 24th</td>
<td>August 10th</td>
</tr>
<tr>
<td><strong>Group C</strong></td>
<td>PVAMU; Galveston; San Antonio; Corpus Christi; International; Kingsville; Systems Office; Sponsored Research</td>
<td>August 10th - 21st</td>
<td>September 7th</td>
</tr>
<tr>
<td><strong>Group D</strong></td>
<td>Tarleton; WTAMU; Commerce; Texarkana; Central Texas</td>
<td>September 7th - 18th</td>
<td>October 5th</td>
</tr>
</tbody>
</table>


Group B: TEES; TTI; TEEX; AgriLife Exp Stn; AgriLife Exp Svc; TFS; TVMDL July 13th - 24th August 10th

Group C: PVAMU; Galveston; San Antonio; Corpus Christi; International; Kingsville; Systems Office; Sponsored Research August 10th - 21st September 7th

Group D: Tarleton; WTAMU; Commerce; Texarkana; Central Texas September 7th - 18th October 5th
Communication Kickoff

Have your steak and lose weight too.

Find your soul weight.

Fit happens.

Have the best weigh of your life.

You don’t have to have skinny genes to wear skinny jeans.

Find your happy plates.

natura)(yslim® 26
Who can participate?

- Eligible members are employees and retirees covered on the A&M Care, J Plan or 65+ Plan with clinical eligibility.

- In the first pilot phase, participation will be limited to the primary policy holder (employee or retiree).

- Consider expanding to other eligible dependents.
What is required of participants?

- Apply for possible acceptance into the program when announced
  - Self-report Metabolic Syndrome biometric lab values on application
- Login and complete the weekly lessons
  - Prizes will be provided for perfect attendance mid-program and drawing for large prize post program
For this group

- All Member Questions can be directed to info@naturallyslim.com
- Additional Resources for this group to follow from this call
  - FAQ Guide
  - Promotional Video
  - Healthy Leadership Demo Access (to follow)
- Evangelize, Engage, Enjoy!