

ACAP Health Contacts:

Tim Church, M.D., M.P.H., Ph.D.

Charisse McCumber, COO

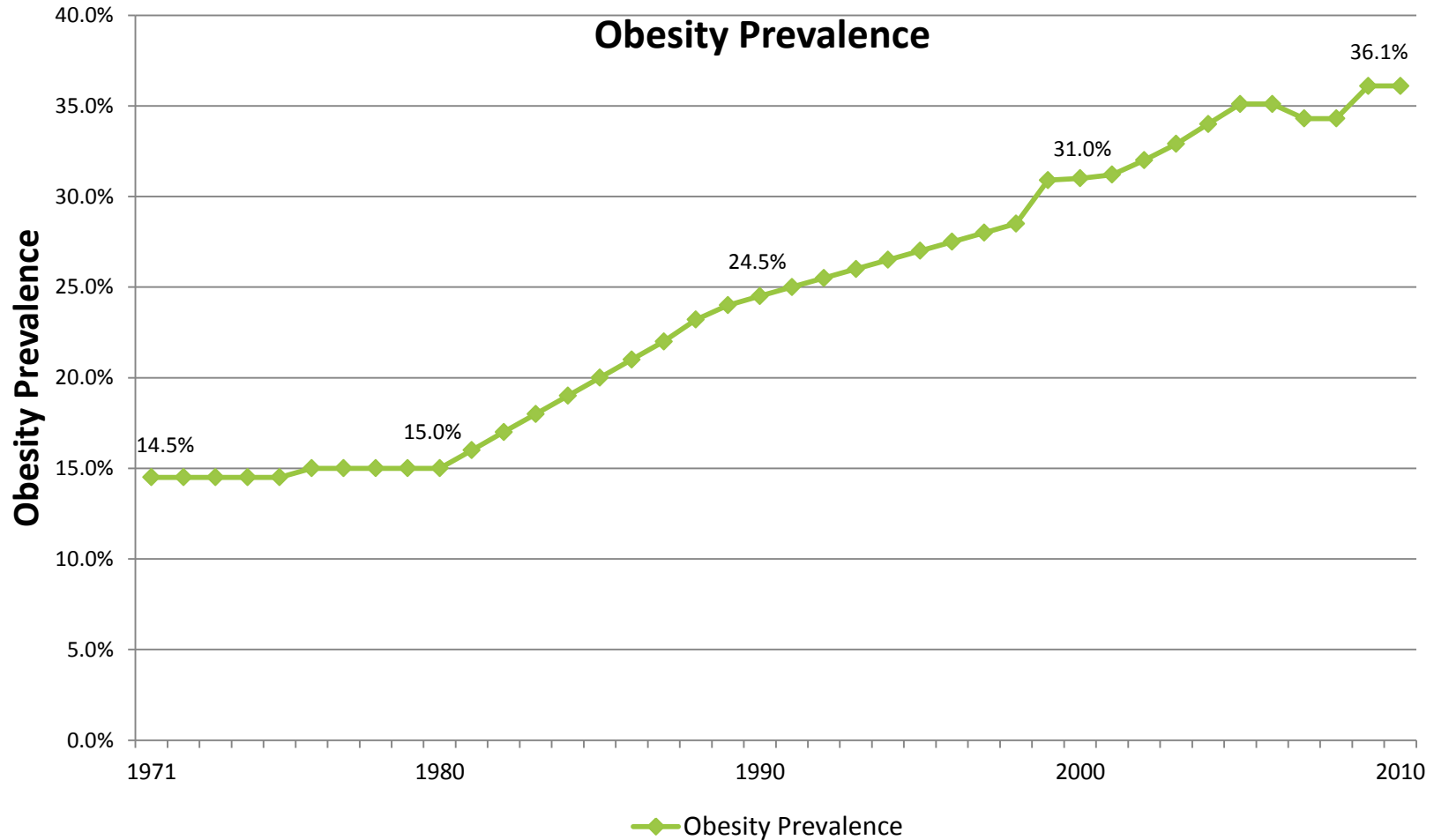
Austin Wilcox, Product Leader

Lacy Schwertner, Project Manager

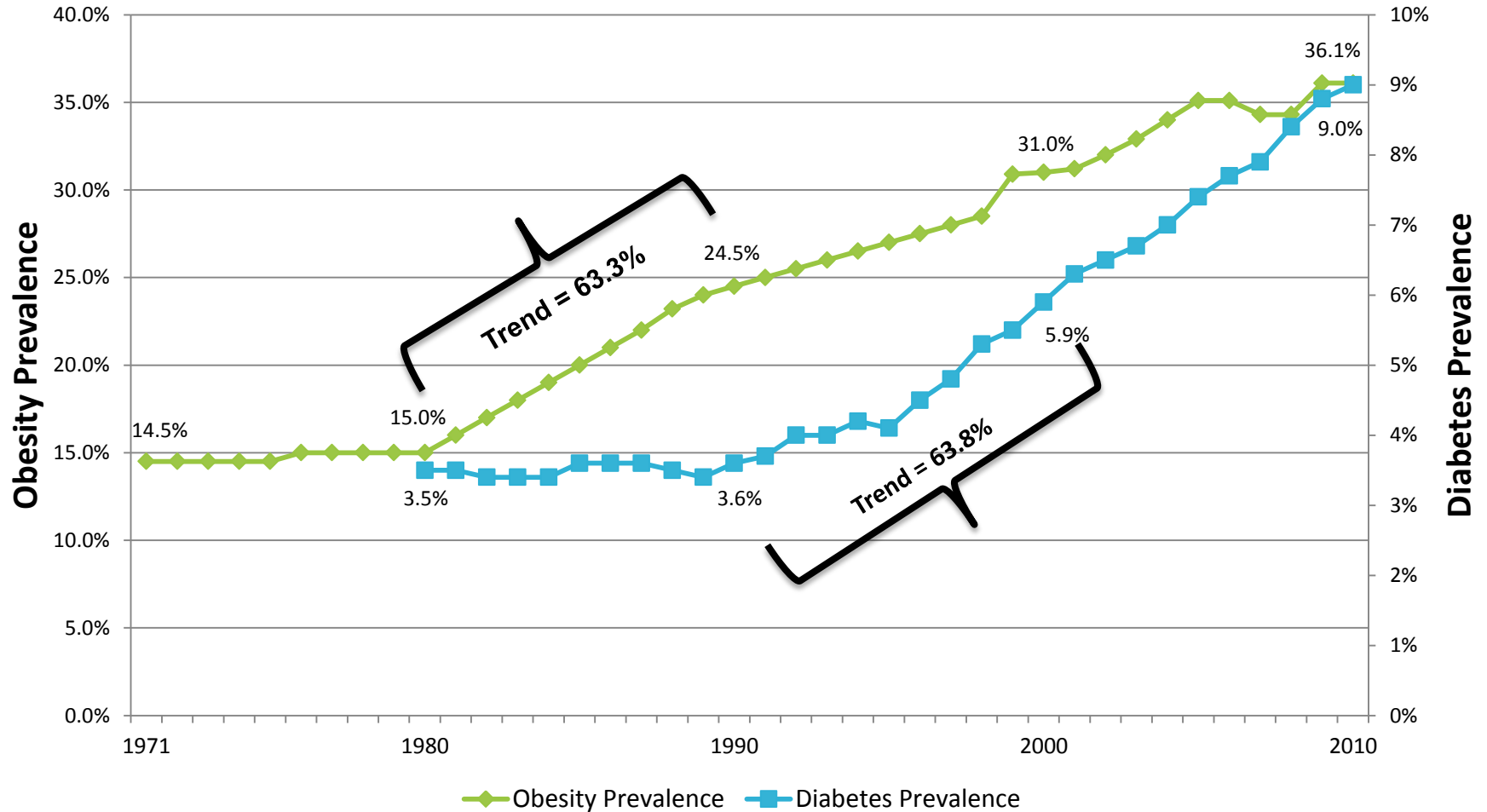
Agenda

- Why Naturally Slim
- What is Naturally Slim
- How will Naturally Slim work at TAMUS
- Questions

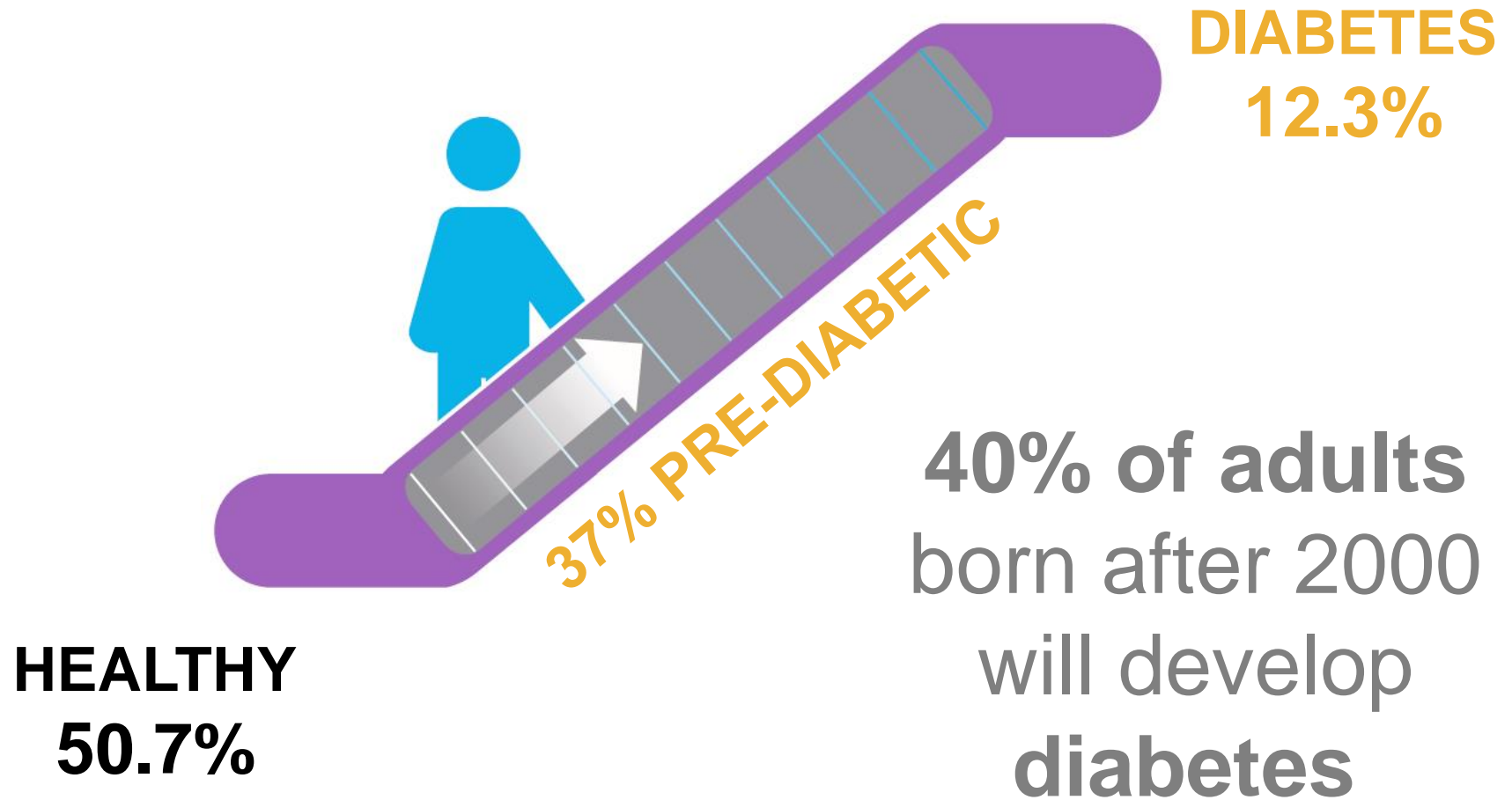
Is it Only About Obesity?



Obesity and Diabetes



The Problem: America's Diabetes Escalator



Diabetes and Healthcare Costs

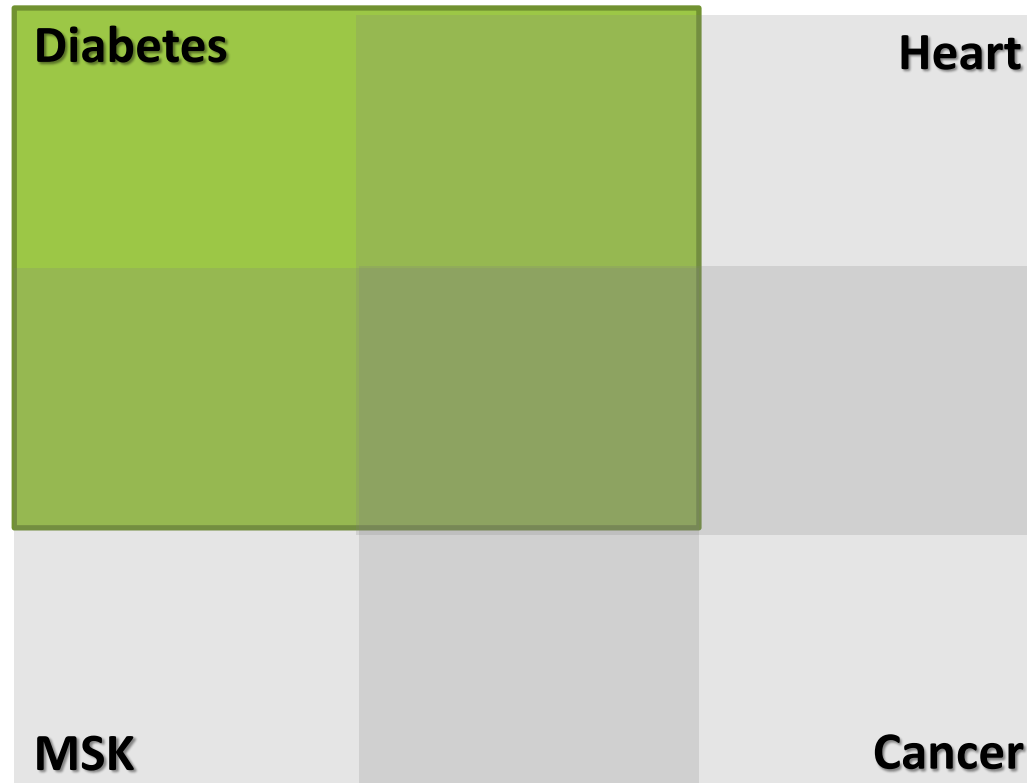
Diabetes

Heart

Musculoskeletal

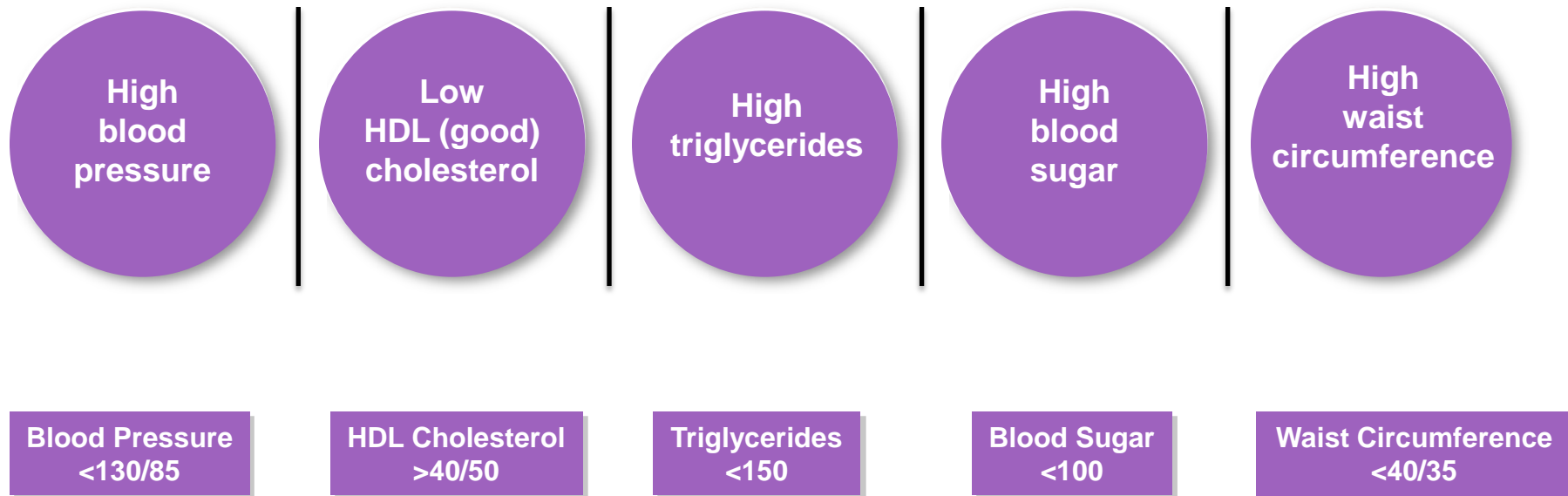
Cancer

Single Focus, Co-morbid Impact

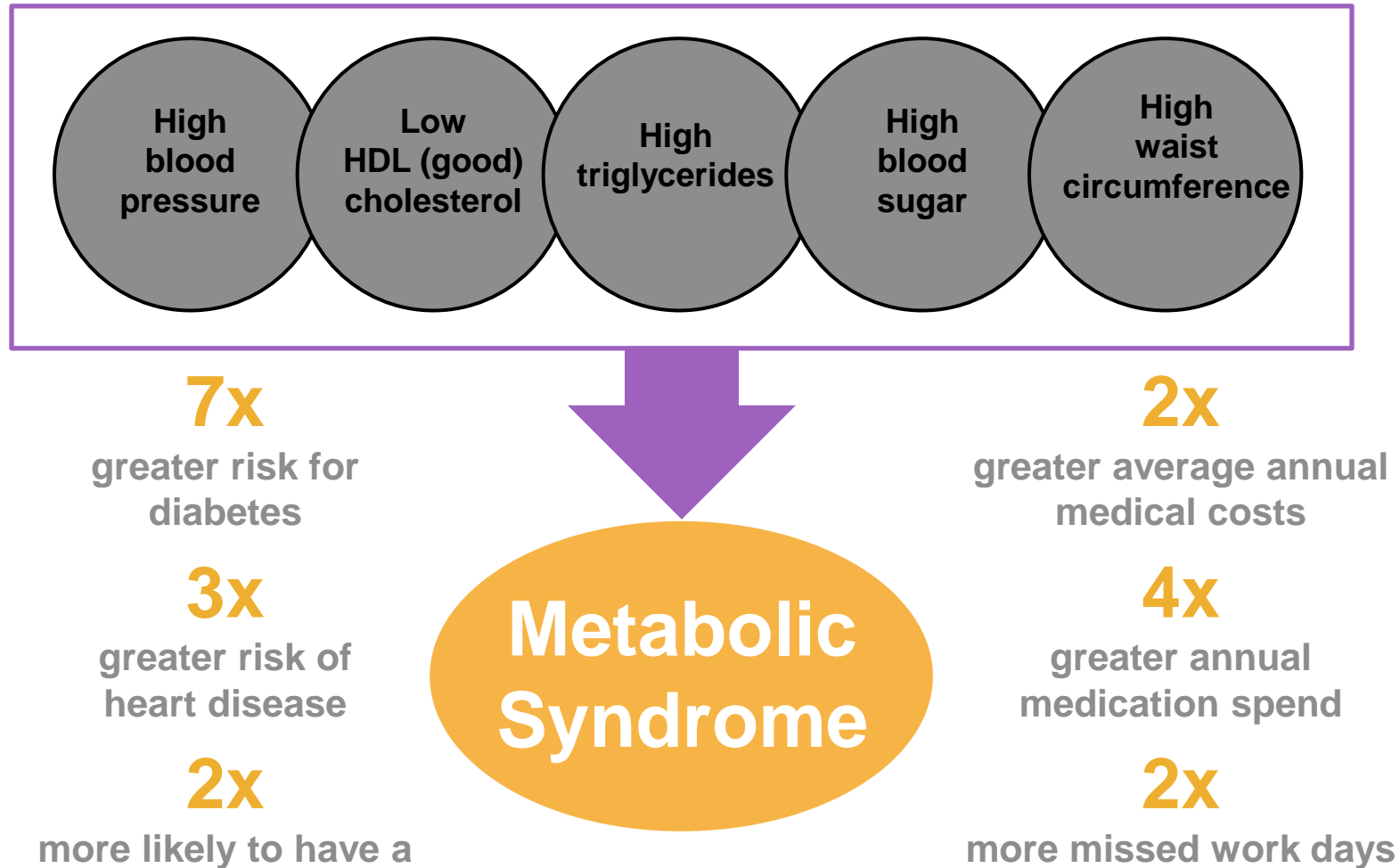


Metabolic Syndrome Definition

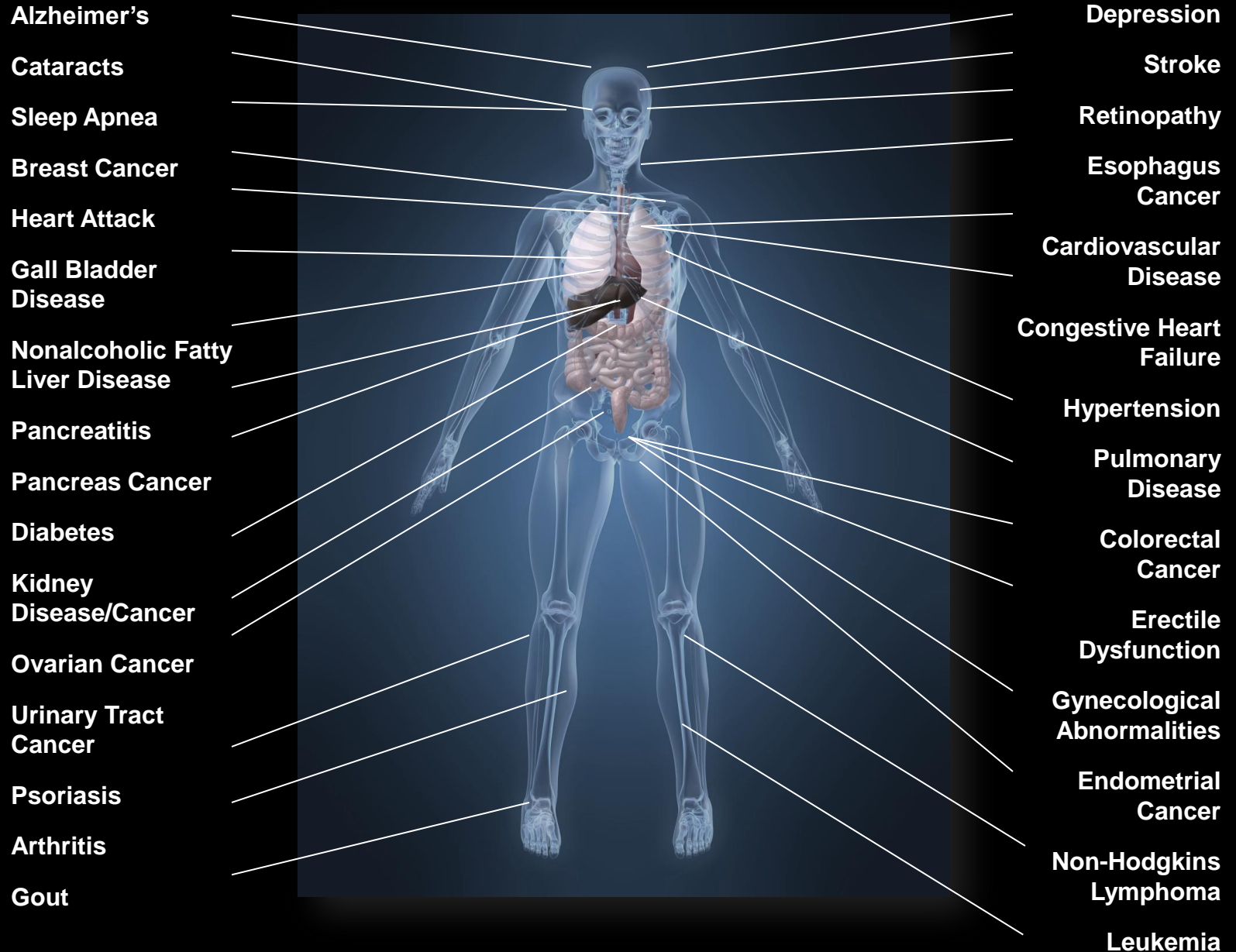
Metabolic Syndrome is defined as having 3 or more of the following risk factors:



Clusters of Risk Create a Toxic Recipe



Disease Risk Associated with Metabolic Syndrome



n a t u r a) (y s l i m[®]

↓ 43%

Metabolic
Syndrome
Reduction

↓ 10.1

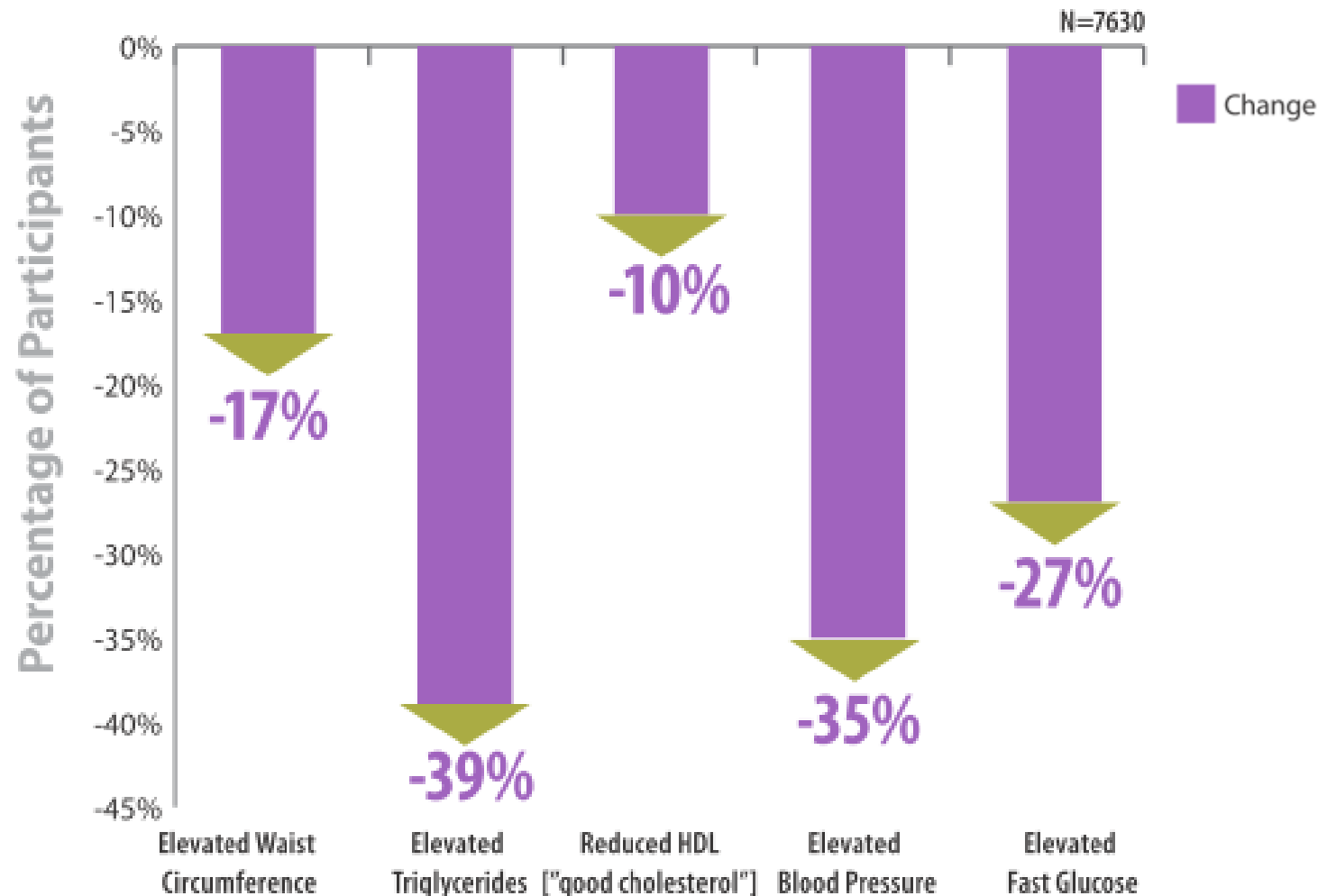
Pounds of
average
weight loss

+ 5%

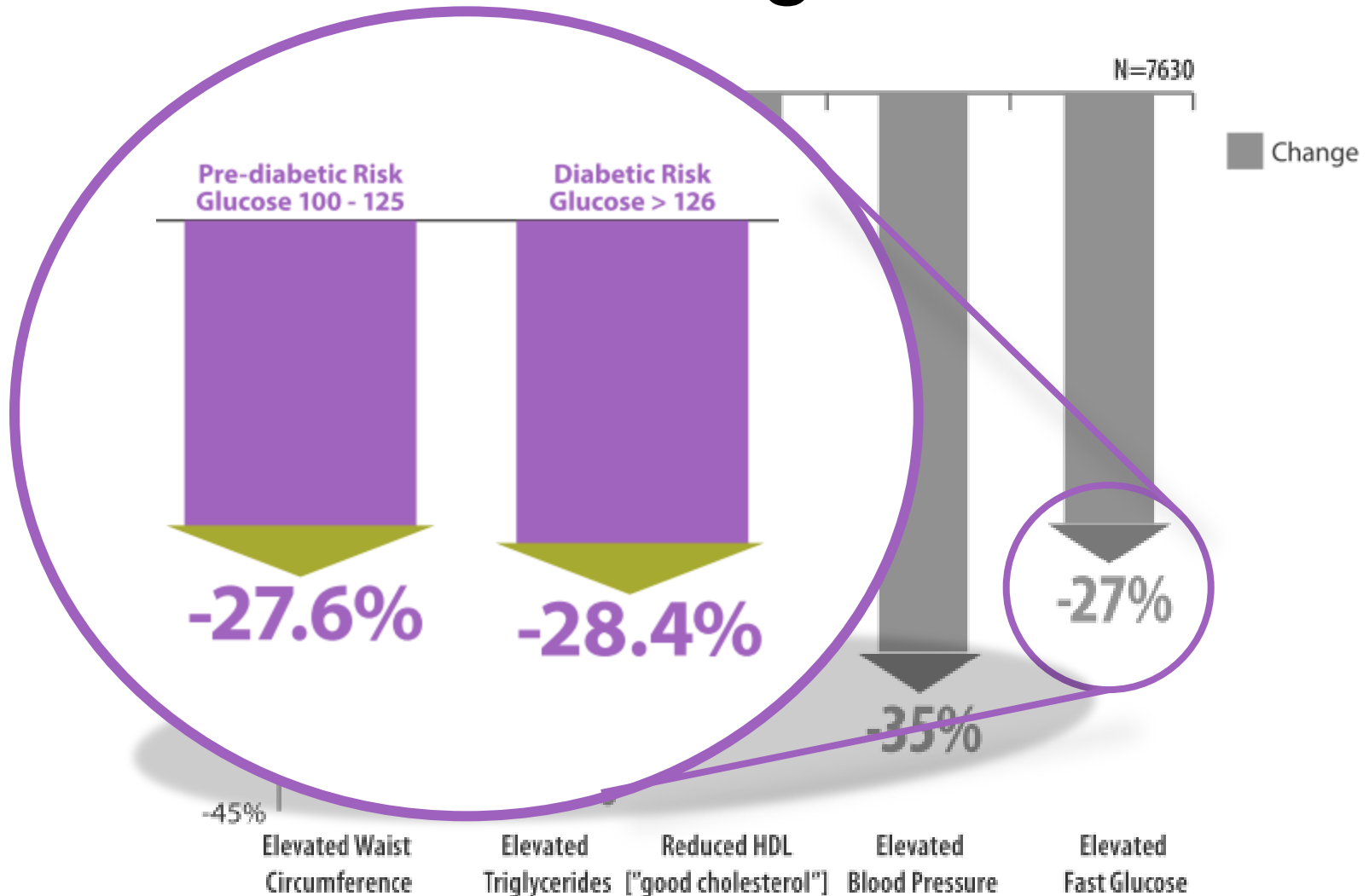
Body weight lost at
12 months

**100% Performance Guarantee
for Clinical Results**

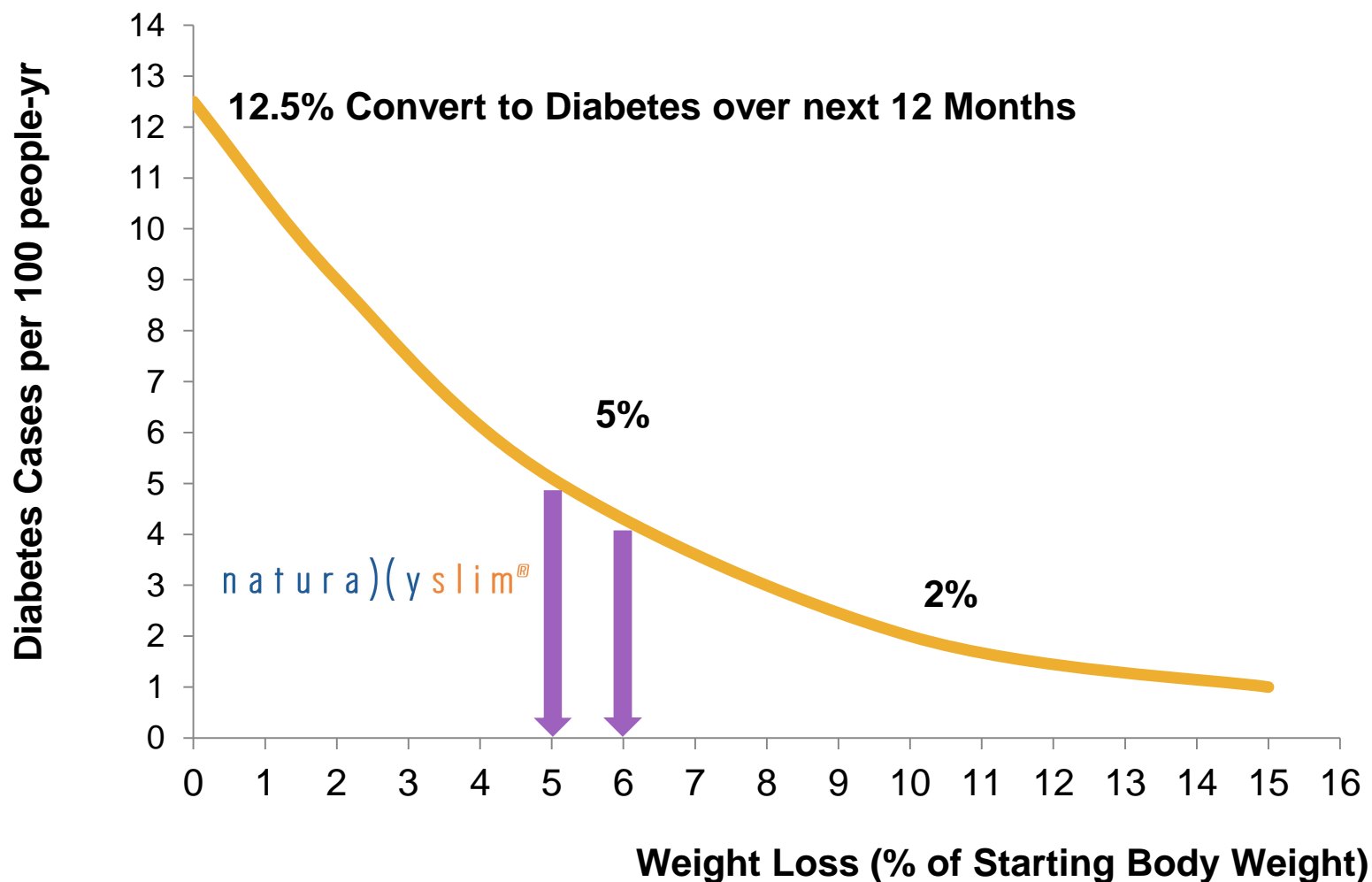
Risk factor reversal



Reversing the escalator



Weight Change and Diabetes Prevention



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)

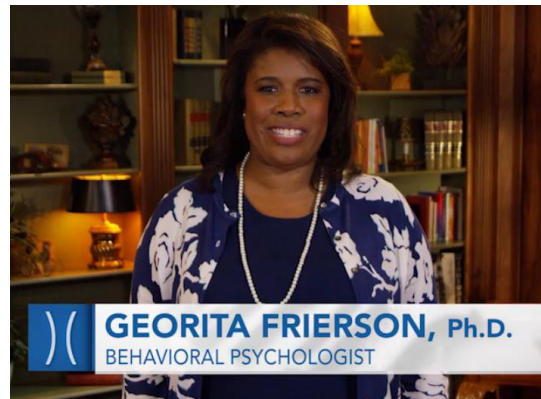
Year	Total Screened	MetS Prevalence	Employees Screened	MetS Prevalence	Spouses Screened	MetS Prevalence
2008	2,701	26%	2,701	26%	*	*
2009	4,078	27%	2,834	21%	1,244	34%
2010	4,329	22%	3,000	19%	1,329	29%
2011	3,997	20%	2,737	19%	1,260	26%
2012	3,562	16%	2,449	12%	1,113	18%
2013	3,786	16%	2,615	12%	1,171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

*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



Behavior Change through Distance Learning

natura)(yslim

Hello Kendall Messages 0 NS Tools Help

My Progress

Devices

Connect a Device

fitbit

JAWBONE

No Devices

Weight

Starting 200 lbs

Current 175 lbs

Goal 165 lbs

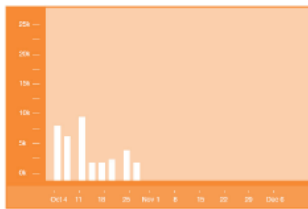


Steps

Average 2094

Best 4590

Enter Steps



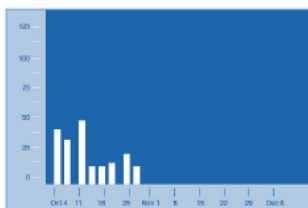
Activity

Enter and view any physical activity: Walking, Biking, Gardening, Swimming, Etc., in minutes spent doing

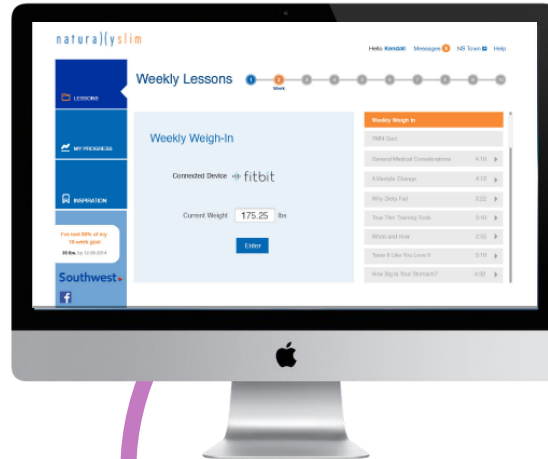
Average 45 min

Best 120 min

Enter Minutes



Badges & Trophies



Simple & Intuitive User Experience

The screenshot displays the natura)(yslim web application interface. At the top, the logo "natura)(yslim" is on the left, and user information "Hello Kendall", "Messages 3", "NS Town", and "Help" is on the right. A navigation sidebar on the left includes "LESSONS", "MY PROGRESS", and "INSPIRATION". The main content area is titled "Weekly Lessons" with a progress bar showing 10 weeks, with week 2 highlighted. Below this, the status is "In Progress". The central section is "My YMN Quiz", featuring a progress gauge and the text "Question 6 of 14". The quiz question is "Did You Eat at Level 3?" with three response buttons: "Yes", "Mostly", and "No". On the right, a sidebar lists various quiz topics with durations and play buttons, including "Weekly Weigh In", "YMN Quiz", "General Medical Considerations", "A lifestyle Change", "Why Diets Fail", "True Thin Training Tools", "When and How", "Taste It Like You Love It", and "How Big Is Your Stomach?". A bottom sidebar shows a goal update: "I've lost 80% of my 10-week goal 35 lbs. by 12-06-2014" and a Facebook icon.

Online Support Community



Enrollment Process

Employee
Communication
Campaign
(-6 weeks to
class start)



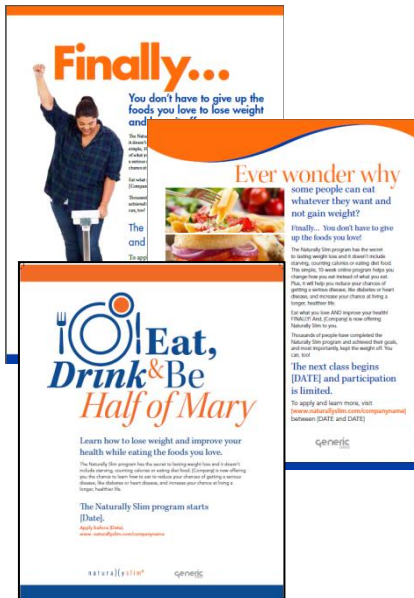
Employee
Application
Opens
(-4 weeks)



Application
Review
(-2 weeks)



Acceptance &
Deferral
Communication
(Biometric
Screening, if
needed)
(-1 weeks)



Welcome, this application is 5 pages and should take less than 10 minutes. You may save your progress and return by clicking "save and continue later" at the top right of the page.

Please specify ⁺

☐ Employee ☐ Spouse/Domestic Partner

Contact Information

First Name ⁺

Last Name ⁺

Company Name ⁺

Street Address ⁺

Apt./Suite/Office

City ⁺

State ⁺

Postal Code ⁺

Phone Number ⁺

The number of participants in a specific session is limited. If we are not able to accommodate your session preference, you will be contacted to choose another session.

Please indicate your online session preference.

--Please Select--

Do You Agree To Participate In The Following Aspects Of The Program To The Best Of Your Abilities?

	Yes	No
Participate in the required class sessions?	<input type="radio"/>	<input type="radio"/>
Submit your weekly weight change online?	<input type="radio"/>	<input type="radio"/>
Keep a detailed, honest food diary?	<input type="radio"/>	<input type="radio"/>
If requested, participate in biometric screenings?	<input type="radio"/>	<input type="radio"/>

Have you participated in a previous Naturally Slim program sponsored by your employer? ⁺

☐ Yes ☐ No

Do you have regular access to high-speed/broadband internet? ⁺

☐ Yes ☐ No

Have you participated in your company's previous health screening? ⁺

☐ Yes ☐ No

Subject: Your Naturally Slim Application Status

Congratulations! Your application to participate in **Naturally Slim's June 5th 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's end. The requirements for program completion are:
 - Attend the live kickoff/weight-in meeting.
 - Complete 9 online video sessions (and the accompanying homework) within the 2-week time period allowed for each one.
 - Complete a post-program biometric screening within the required timeframe.
- The live kickoff/weight-in meeting will be held on **Friday, June 5, 2009 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 that week's online class. You can complete the online classes at any time, and anywhere, you wish as long as it's off the clock. If you wait longer than two weeks to complete the class, you will lose participation status and fail to receive credit for completing COMPANY Naturally Slim.
- Your weekly online participation will be available for your review on the **Naturally Slim website**. It is your responsibility to ensure your activity is accurately recorded for the program completion requirement.

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

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

Sincerely,
Marcia Upson

Participant Experience

Welcome Emails Sent
(Kickoff)



Weekly Classes with Learning Dashboard
(Ongoing for 10 weeks)



Progress Tracking & Weekly Quizzes
(Ongoing)



Online Community for Social Support
(Ongoing)

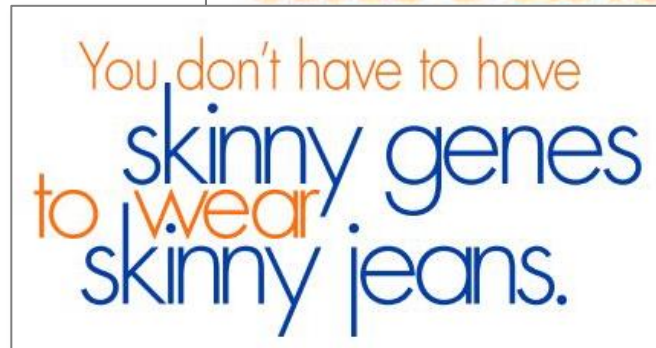
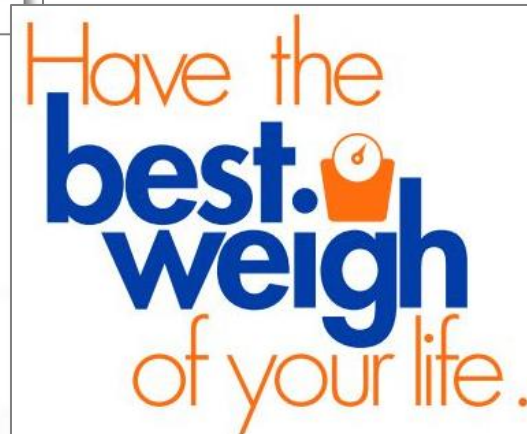
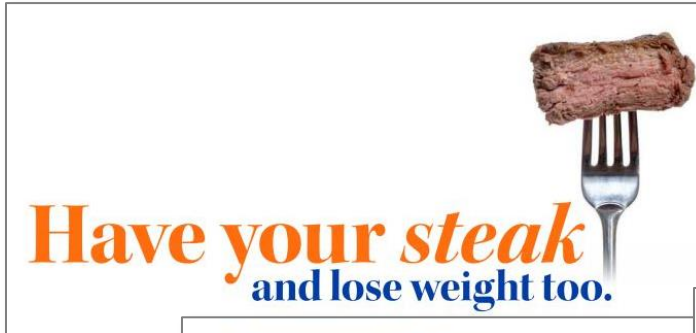
The collage displays the user interface of the Naturally Slim program across different devices and sections:

- Welcome Emails:** A screenshot of a "Naturally Slim Welcomes You!" email, detailing the program's goals and providing login instructions.
- Weekly Lessons:** Multiple screenshots of the "Weekly Lessons" dashboard, showing a progress bar, lesson topics (e.g., "About Macros", "General Medical Considerations"), and a "Final Exam" section.
- Progress Tracking:** A screenshot of the "My Progress" section, featuring a weight loss graph and a "My YMN Quiz" (Question 6 of 14: "Do you Chew Slowly?").
- Online Community:** A screenshot of the "Hall of Fame" and "Community News" sections, showing user profiles, achievements, and a "Ask a Question" feature.
- Mobile App:** Two screenshots of the mobile app interface, showing the "My Progress" and "Weekly Lessons" sections.

Implementation Plan

TAMUS 2015 ▼	App Open/Close ▼	Kick Off ▼
Group A: TAMU; HSC/BCS	June 15th - 26th	July 13th, 2015
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



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!