



natura)(yslim[®]

offered by **acap**health.

HEALTHY COUNTY BOOT CAMP



TEXAS ASSOCIATION OF COUNTIES
HEALTH AND EMPLOYEE BENEFITS POOL

Jan. 31-Feb. 2, 2018 • Horseshoe Bay Resort, Horseshoe Bay

The Goal....

- ❖ To promote healthy eating, weight loss/management and the reversal of MetS risk factors such as abdominal obesity, high triglyceride level, low HDL cholesterol level, high blood pressure and high fasting blood sugar.



CONNECTING THE PIECES

Jan. 31-Feb. 2, 2018 • Horseshoe Bay Resort, Horseshoe Bay



Together.
Better.
Stronger.

TEXAS ASSOCIATION OF COUNTIES
HEALTH AND EMPLOYEE BENEFITS POOL

Program Summary



CONNECTING THE PIECES

Jan. 31-Feb. 2, 2018 • Horseshoe Bay Resort, Horseshoe Bay



TEXAS ASSOCIATION OF COUNTIES
HEALTH AND EMPLOYEE BENEFITS POOL

Program Process

1. **APPLY:** Complete the online application!
2. **ACCEPTANCE:** Notification of acceptance will arrive via email.
3. **WELCOME KIT:** A few days before the program begins, you will receive your welcome kit via US mail along with food items for the 1st lesson.
4. **PROGRAM BEGINS:** Use the 'get started' link in your email to log in.



CONNECTING THE PIECES

Jan. 31-Feb. 2, 2018 • Horseshoe Bay Resort, Horseshoe Bay



TEXAS ASSOCIATION OF COUNTIES
HEALTH AND EMPLOYEE BENEFITS POOL

Program Dates

- ❖ March 5: Application Opens
- ❖ **March 16**: Application Closes
- ❖ **March 23**: Acceptance Notification
- ❖ **March 26**: Welcome Kits Mailed
- ❖ April 2: Program Begins



CONNECTING THE PIECES

Jan. 31-Feb. 2, 2018 • Horseshoe Bay Resort, Horseshoe Bay



TEXAS ASSOCIATION OF COUNTIES
HEALTH AND EMPLOYEE BENEFITS POOL

Application Considerations

- ❖ **Space in the program is limited.**
- ❖ To be considered, participants **must be enrolled in the county's medical plan** and **complete the online application** by **March 16, 2018**.
- ❖ Visit **www.naturallyslim.com/healthycounty** to apply and learn more.



CONNECTING THE PIECES

Jan. 31-Feb. 2, 2018 • Horseshoe Bay Resort, Horseshoe Bay



Together.
Better.
Stronger.

TEXAS ASSOCIATION OF COUNTIES
HEALTH AND EMPLOYEE BENEFITS POOL

Welcome to Naturally Slim

PROGRAM OVERVIEW

Naturally Slim is an online behavioral program which helps you change *how* you eat instead of *what* you eat, allowing you to continue eating your favorite foods while improving your health, reducing your chance of developing serious, chronic disease, and losing weight. And, it's free to you.

10.60

average pounds lost
after first 10 weeks

31%

of participants moved
their blood pressure to a
normal range

29%

of participants reversed
their high blood sugar



TEXAS ASSOCIATION of COUNTIES
HEALTH AND EMPLOYEE BENEFITS POOL

Application Period:

Acceptance & Deferral
Communication:

Program Start Date:

Apply by

Apply Now

Already have an account? [Log In](#)

[Scroll to learn more.](#)



CONNECTING THE PIECES

Jan. 31-Feb. 2, 2018 • Horseshoe Bay Resort, Horseshoe Bay



TEXAS ASSOCIATION of COUNTIES
HEALTH AND EMPLOYEE BENEFITS POOL

natura)(y)slim[®]
affiliated by BCAP Health

Account Setup

STEP 1 STEP 2 STEP 3

Already have an account? [Log In](#)

Create Account

All fields required unless otherwise noted.

Pick a username

Pick a password

Password must be at least 8 characters. Please include a number or special character.

Re-type password

Select Security Question 1 >

Answer to Security Question 1

Next Step

Already have an account? [Log In](#)

Login

Password

Log In

[Forgot your password or user-name?](#)

natura)(y)slim[®]
affiliated by BCAP Health

Lifestyle Questions

STEP 1 STEP 2 STEP 3 STEP 4

Lifestyle Questions

All fields required unless otherwise noted.

What is your marital status?

- Married
- Single
- Long-term relationship (not married)
- Divorced
- Widowed

What is the highest degree or level of school you completed?

- Some high school
- High school graduate
- Some college credit
- Trade/Technical/Vocational Training
- College Graduate
- Some postgraduate work
- Post Graduate Degree

Do you have children living at home?

- Yes
- No

How would you describe your typical day?

- Mostly sitting all day
- Sitting and standing equally
- Mostly standing/moving all day

Are you Hispanic or Latino? (A person of Cuban, Mexican, Puerto Rican, South American, or other Spanish Culture or origin, regardless of race)

- Yes
- No

How would you describe yourself? (Choose one or more of the following racial groups)

- American Indian or Alaska Native
- Asian
- Black or African American
- Native Hawaiian or Other Pacific Islander
- White or Caucasian

Height (feet) > Height (Inches) >

Weight (pounds)

Do you have a family history of diabetes? (Father, mother, sister, or brother)

- Yes
- No

Have you EVER been told you had any of the following conditions?

Elevated blood pressure (Systolic pressure 130 or greater or Diastolic pressure 85 or greater or currently taking medications for high blood pressure)

- Yes
- No

High Triglycerides (150 mg/dl or greater or currently taking medications for high triglycerides)

- Yes
- No

Pre-diabetes or insulin resistance

- Yes
- No

Type II Diabetes, or currently taking medications for high blood sugar

- Yes
- No

Gestational diabetes

- Yes
- No

Low HDL or "Good Cholesterol" (Below 40 for men and below 50 for women)

- Yes
- No

natura)(y)slim[®] ©2018 NaturaVita Slim, Inc. All rights reserved. Power



CONNECTING THE PIECES

Jan. 31-Feb. 2, 2018 • Horseshoe Bay Resort, Horseshoe Bay



TEXAS ASSOCIATION OF COUNTIES
HEALTH AND EMPLOYEE BENEFITS POOL

Tips for Rollout

1. Post the posters around the county
 - a. In different buildings, etc.
2. Send an email once the application opens on March 5
3. Send a reminder email on March 15 about the application closing on March 16
4. Have a kick-off for those who are participating
5. Schedule weekly or bi-monthly check-ins for participating employees



CONNECTING THE PIECES

Jan. 31-Feb. 2, 2018 • Horseshoe Bay Resort, Horseshoe Bay



TEXAS ASSOCIATION of COUNTIES
HEALTH AND EMPLOYEE BENEFITS POOL

Questions?



CONNECTING THE PIECES

Jan. 31-Feb. 2, 2018 • Horseshoe Bay Resort, Horseshoe Bay



Together.
Better.
Stronger.

TEXAS ASSOCIATION OF COUNTIES
HEALTH AND EMPLOYEE BENEFITS POOL