natura) (yslim®

offered by acaphealth.

HEALTHY COUNTY
BOOT CAMP

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.
Program Summary

NATURALLY SLIM FOUNDATIONS™
Skill Building Weekly Class
10 weeks

NS4YOU™
Skill Reinforcement Bi-Weekly Class
14 weeks

NS4LIFE™
Skill Maintenance Monthly Class
6 months

1 YEAR

CONNECTING THE PIECES
Jan. 31-Feb. 2, 2018 • Horseshoe Bay Resort, Horseshoe Bay
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.
Program Dates

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

Application Period:

Acceptance & Deferral Communication:

Program Start Date:

Apply by [button]

Already have an account? Log In

Scroll to learn more.

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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
Questions?