

FAQ: Naturally Slim

Q: How does the Naturally Slim Program work?

A: The most effective clinical weight loss programs in the world are based on learning new skills about when and how to eat, not dieting. And, that is what you get with the Naturally Slim program. It is an online program that starts with ten weeks of skill-building in the Foundations portion of the program. Each week you will have access to approximately one hour of video lessons. Additionally, you have a dashboard to track your weight loss progress as well as tips and tools to keep you motivated and allow you to communicate with coaches and other participants. After the first ten weeks, you will move into the skill reinforcement and maintenance stages where the instruction is less frequent but you will learn how to make the new skills life-long habits to ensure you maintain your weight loss long-term.

Q: Who teaches Naturally Slim?

A: Naturally Slim's online curriculum is taught by Marcia Upson who is a family nurse practitioner and is the daughter of the founder. Marcia is certified by the American Academy of Nurse Practitioners and received both her Bachelor of Science and Master of Science degrees from Texas Womans' University. Marcia is joined by a Chief Medical Officer, Inspiration Officer, Clinical Psychologist and Registered Dietitian.

Q. How does the Naturally Slim Program work?

A: Naturally Slim focuses on the issue of metabolic syndrome and offers methods to help you created 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 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 self-paced, online video sessions, as well as frequent correspondence and positive guidance from a personal health counselor over a 10-week period.

Q: Who is eligible for the Naturally Slim Program?

A: To be eligible for the Naturally Slim Program:

1. You must be a full-time employee or spouse covered by the City of Bryan's medical plan (Cigna) as of January 1, 2020. **When applying you must have your Cigna Card available as you will be asked to enter your identification number.**
2. Have internet access (program can be accessed via computer, tablet or smartphone).

Q: How are applicants selected to participate in the Naturally Slim program?

A: Naturally Slim program professionals (not the City of Bryan) select participants based on a pre-determined criteria and a willingness to meet all program requirements as outlined below. You will be notified of your application status via email by **February 7, 2020**.

- Submit the online application and sign all appropriate releases by the deadline of January 31, 2020.
- Have a BMI \geq 25.
- The online application can be found here: www.naturallyslim.com/Bryan
- Agree to complete at least 8 of the 10 online video courses from Naturally Slim within the set weekly time frames.
- Complete a survey upon completion of the program.

Q: What is the cost for the program?

A: There is no out of pocket cost to you for the Naturally Slim Program. It is offered to you as a benefit at the City of Bryan and is covered at 100% under the Affordable Care Act. You must be enrolled in the City's health plan and must have your Blue Cross Blue Shield card available when applying.

Q: Is my information confidential?

A: Absolutely! The information you provide to Naturally Slim is considered confidential and will be available only to you and the Naturally Slim Program Professionals conducting and evaluating the program. The City of Bryan will not have access to your personal health information. The City of Bryan Risk Management Department will receive aggregate participation reports only for administration of billing processes only. Naturally Slim cannot sell or otherwise divulge any participant to any unauthorized party.

Q: Why does the application ask for my shipping address?

A: Once enrolled and accepted, you will be mailed a welcome kit with items to help you on your journey. Please use your home address. Do not have the kit sent to your work address.

If you have any other questions, contact Lesley Ward at lward@bryantx.gov or call 979-209-5050.