

Naturally Slim Program

Taking Applications August 11 - 22.

The Naturally Slim program offers valuable methods to help you develop a lifestyle of eating your favorite foods while still improving health and losing weight. Our recent program of 100 participants experienced these benefits:

- 25 participants have lost over 10 pounds
- 5 have lost over 20
- 90 of the 99 have lost weight during the program
- There has been an average of 3% body weight lost

Eligibility

To apply, you must be a Golden Health Plan member (employees only) and have completed your 2013 Know Your Numbers health screening. Naturally Slim will use unique criteria based on metabolic health risk factors to determine who will be accepted into the program.

Program Begins

If accepted, participants will start the 10-week program September 8.

Program Details

For Naturally Slim program details, [click on the flyer](#). Space will be limited and not all applicants will qualify.



The flyer is titled "Naturally Slim® — Not Just Another Health Improvement Program" and is sponsored by the Know Your Numbers Wellness Program. It details the application period from August 11 to August 22, program acceptance by August 29, and program start on September 8. It also lists requirements for biometric screenings and notes that the program is free if requirements are met. A note about confidentiality is also present.

golden
Wellness

Naturally Slim® — Not Just Another Health Improvement Program
Sponsored by the Know Your Numbers Wellness Program

With the Naturally Slim program, in just 10 weeks, you'll learn and adopt healthy lifestyle behaviors that will help you lose weight, feel better and decrease your risk factors for metabolic syndrome. We are pleased to announce that a Naturally Slim program is getting ready to start. Please read for program details and how to apply.

Application Period August 11 – 22

To apply, you must be enrolled in a Golden Health Plan (employees only) and have completed your 2013 Know Your Numbers health screening. Since space is limited, Naturally Slim will use unique criteria based on metabolic health risk factors to determine who is accepted into the program.

To apply for the program,

- Complete the online application between August 11 and August 22. To apply online, go to www.naturallyslim.com/goldenliving.

Program Acceptance by August 29

- Naturally Slim will notify you via e-mail by August 29 whether or not you are accepted into the program. Additionally, they will provide more details on how to complete the 10-week program.

Program Starts September 8

- If accepted, you will start the online program the week of September 8. Space is limited and not all applicants will qualify.

* Pre- and post-program biometric screenings are required. Your 2013 Know Your Numbers health screening will fulfill the pre-program screening requirement. You will receive more information about the post screening once accepted into the program. The post program screening requirement can be fulfilled with your Know Your Numbers health screening in 2014.

No Cost to You if You Complete the Program Requirements

The program is free if you complete these program requirements.

- Complete all 10, or at a minimum 9 out of 10, videos — one video each week for 10 weeks.
- Completion of the pre- and post-course biometric screenings within the set time frames.

If you do not complete the program requirements or if you rescind participation in the program after receiving notification of acceptance, you will be responsible for \$150 of the program cost that Golden Living will advance on your behalf; \$150 will be taken in five payroll deductions of \$30 each.

A Note about Confidentiality

The information you provide to Naturally Slim will be considered confidential and will be available only to you and the program professionals. Golden Living will have no access to the personal information that you include in the online application. Furthermore, Naturally Slim cannot sell or otherwise divulge any participant information to any unauthorized party.

See next page for program details.