



New
Wellness
Initiative
Coming in
January

Health and wellness is a journey, and we must continuously invest in our health. Our goal at LCPS is to provide you with health promoting resources that help you and your family stay engaged and motivated on your healthy lifestyle journey. We're excited to offer you **Naturally Slim** — a weight loss program designed to help you lose weight, look and feel your best, and live a longer and healthier life.

What is Naturally Slim?

Naturally Slim is an online program that helps you change *how* you eat instead of *what* you eat. By learning new techniques about how and when you should eat, you can continue eating your favorite foods while improving your health, reducing your chance of developing serious, chronic disease, and losing weight. The program includes:

- Self-paced, online video sessions to teach you the core principles
- Frequent correspondence and guidance from a personal health counselor
- An online community to connect with other participants
- A dashboard to keep you on track with progress tools and inspiration
- Ongoing videos available for one year to ensure skill maintenance

Eligibility

To be eligible to participate, you must meet all of the following criteria:

- Be enrolled in an LCPS sponsored Cigna health plan.
- Complete the application process.
- Have a Body Mass Index (BMI) greater than 25.
- Have high-speed internet access.
- Accurately self-report initial data on application.
- Complete pre and post-biometric screenings.
- Commit to completing all 10 program sessions.

Participation Is Free!

We are excited to offer you Naturally Slim at no cost to you if you complete all 10 online video courses. Participants who complete fewer than ten as of April 5, 2017 must pay a fee of \$167 via personal check.

Key Dates

October 17 - December 9, 2016: Application period. Visit www.naturallyslim.com/LCPS to apply. The program is limited to 535 participants.

December 16, 2016: Latest date you'll receive email notification of your acceptance to Naturally Slim.

January 23, 2017: Naturally Slim program begins

April 5, 2017: Naturally Slim program ends.

Apply Today!
Space is limited. To apply and learn more, visit:
www.naturallyslim.com/LCPS.

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Any information you provide is confidential and available only to you and Naturally Slim. LCPS will not receive your individual results.