THE NEW NATURALLY SLIM

The Naturally Slim program is the leading digital behavioral counseling program which has been offered to millions of employees nationwide. The program’s unique curriculum has proven to be a game-changer in health improvement and disease prevention and now the program is leading the digital health revolution with an innovative new version.

UPDATED CURRICULUM

The unique Naturally Slim curriculum generates impressive clinical results and even more impressive long-term behavior change. Based on user feedback and analysis of hundreds of thousands of participants, the curriculum has been revamped to build on that success. Some of the new features include:

Optimized curriculum with additional instructors and enhanced focus on skills

Shorter lessons which equals less weekly time-commitment

Skill-reinforcement (NS4You) lessons personalized to each participant

Skill-maintenance (NS4Life) sessions customizable allowing each participant to choose their own path

MODERNIZED USER EXPERIENCE

Combining best practices in product design, user experience design, behavioral science and innovation, the Naturally Slim platform has been completely reimagined to create an experience that is intuitive, personalized and engaging.

- Personal dashboards have been added to provide participants with a concierge-type experience
- Weekly To Do lists increase the user’s productivity, learning & accountability
- More tailored communications (email, text & mobile app notifications) ensure participants receive truly personal interactions
- Intelligent page automation allows real-time learning to provide the optimal experience to each participant

www.naturallyslim.com
FOCUS ON BEHAVIOR CHANGE

The science behind sustainable behavior change is clear and the newest version of Naturally Slim concentrates on adding interventions proven to facilitate long-term habit formation.

- Pledges affirm that participants are willing and committed to make behavior changes
- Redesigned goal-setting process inspires and motivates participants with increased accountability
- Behavior modeling via curriculum skits provides real-life demonstration of suggested behaviors and helps participants plan ahead for situations that might sabotage success
- Social rewards for both progress toward and achievement of goals inspire participants and motivate adherence

MULTIFACETED SUPPORT

The proven Naturally Slim curriculum and experience has been augmented to provide each participant with the level of support they need for long-term behavior change. Whether professional health coach or peer-to-peer support, the program provides the accountability, coaching and engagement (ACE) for participant success.

- The NS Town online community is integrated into the daily learning experience to allow participants to get contextual support as they learn
- ACE Team coaches proactively interact with participants needing support
- Additional communication channels have been added for real-time access to coaches including chat and text messaging
- Live coaching sessions allow Q & A and drive increased engagement and skill development