

### A Health Improvement Opportunity for You

PAISIG (Philadelphia Area Independent School Insurance Group) represents 140 schools in the Philadelphia area. PAISIG is continually looking for ways to help you improve – or maintain – your health. As a wise person once said, “An ounce of prevention is worth a pound of cure.” Plus, we think it’s the right thing to do.

We’ve all heard that healthy eating, healthy weight management, and physical activity can help prevent heart disease, stroke, diabetes, many cancers, and other unpleasant health problems. But the precursors to these problems – collectively known as “metabolic syndrome” – are a silent epidemic that affects an estimated one in four adult Americans.

**Through our program with Naturally Slim, you have the opportunity to lose weight, feel better, and decrease your risk factors for metabolic syndrome.**

**To apply for this program, go online to [www.naturallyslim.com/PAISIG](http://www.naturallyslim.com/PAISIG)**

### What is “Metabolic Syndrome?”

Metabolic syndrome is a collection of risk factors that dramatically increases your risk of developing heart disease, diabetes, depression, stroke, cancer, and a number of other unpleasant medical conditions. According to a national health survey, one out of every three working adults has metabolic syndrome. These five questions can tell you if you are at risk:

1. **Blood pressure:** Is yours 130/85 or higher?
2. **HDL (good) cholesterol:** Is your level less than 40 mg/dl (milligrams/deciliter) for men; less than 50 mg/dl for women?
3. **Fasting blood glucose:** Is your glucose level 100 mg/dl or higher?
4. **Triglycerides:** Is yours 150 mg/dl or higher?
5. **Waistline:** Does yours measure 40” or more for men; 35” or more for women (when measured across the belly button)?

If you answered “yes” three or more times, you may have metabolic syndrome. People with metabolic syndrome have a significantly higher chance of developing a medical condition in the next several years.

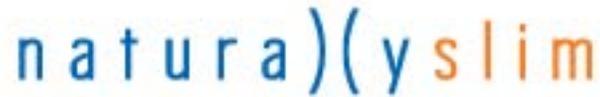
*“This has been very powerful for me. I now feel like I have these tools that really work- that I can use the rest of my life. The huge “diet” machine in the media did NOT give me any of this excellent information.”*

- Spring 2009 *Naturally Slim* Participant

### How the Program Works

**Naturally Slim** focuses on the issue of metabolic syndrome and offers methods to help you create 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 still 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.

### Participation Basics

- To participate, you must create an account and complete the online application at [www.naturallyslim.com/PAISIG](http://www.naturallyslim.com/PAISIG) by **January 20th**, agree to the program requirements, and be accepted.
- If you apply, you will be notified via e-mail whether or not you are accepted into the program by **January 25<sup>th</sup>**.
- The online program will begin on **Monday, February 13<sup>th</sup>**.
- Pre- and post-program biometric screenings are required. You will receive more information about the screenings once accepted into the program. You will be asked to either schedule a visit with your physician, a “Take Care Clinic” at your nearest Walgreens, or visit a Concentra Clinic. This will need to be completed by Monday, February 13<sup>th</sup>! You will receive detailed instructions when you receive your acceptance letter.

#### Important Dates to Remember!

- **January 20<sup>th</sup>**: **Deadline to complete the online application at [www.naturallyslim.com/PAISIG](http://www.naturallyslim.com/PAISIG)**
- **January 25<sup>th</sup>**: **All applicants will be notified whether or not they are accepted.**
- **February 13<sup>th</sup>**: **Online program begins for accepted applicants.**

### No Cost to You!

For chosen participants, the program will be provided at no cost (a \$500 value). Your participation will help PAISIG determine the future rollout of this program. However, if you do not complete the program as defined above, you will be responsible for reimbursing the company a portion of the program fee originally paid on your behalf.

### A Note About Confidentiality...

The information that you provide to any program professional who is representing PAISIG will be considered confidential and will be available only to you and those professionals. PAISIG will have no access to the personal health information that you include in the online application. Furthermore, each of our program partners cannot sell or otherwise divulge any participant information to any unauthorized party.

