

Saint Joseph's University



Wellness Efforts

Our health insurance consortium, the Philadelphia Area Independent School Insurance Group, works to help our employees maintain a healthy lifestyle. To that end, the consortium is offering a program through *Naturally Slim* at no cost (a \$500 value). You may apply for acceptance into this program if you are enrolled in one of the University's medical plans (Personal Choice HDHP, Personal Choice 20/30/70, Keystone HMO, Keystone POS). Since it was first offered in 2010, over 100 SJU employees have participated in this program.

Naturally Slim focuses on *Metabolic Syndrome*, a collection of risk factors that dramatically increase the potential to develop certain medical conditions such as heart disease, diabetes and stroke. Three times a year (October, January, April) SJU extends the opportunity to apply for this online Metabolic Syndrome reversal program. Accepted members are asked to complete laboratory work that will serve as a baseline. Program members will then undergo a ten week online program to correct and abate this syndrome. After completion of the ten week program, members will return to the laboratory for post program data. Information on the program can be found on our website at www.sju.edu/hr. Click on Benefits.

When a new phase is opened, the Human Resources department will send out a campus wide notification. SJU employees can, at that time, apply online at www.naturallyslim.com/PAISIG and click "Enroll Now". (Please do not go directly to the *Naturally Slim* website as you can enroll but will be asked to pay the fee.) At this time the program is only available to employees participating in one of the University's medical plans. It is open to spouses and dependents over the age of 18.

The application will request certain information such as height, weight, blood pressure, cholesterol, fasting blood glucose and triglycerides levels. If you do not have these readings, you can still complete the application. You will also be asked about any medications you may take for any of these conditions. To protect your privacy, all information is encrypted and protected. Neither SJU nor IBC will be notified of any information collected during this program. This effort is solely aimed at improving the health and welfare of SJU employees.

natura)(yslim®