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**HERE**



Your employees need your support now more than ever. They're looking to you to lead them through these unsettling times.

How do we know this? Because we've seen a spike in Naturally Slim (NS) engagement with employees across the country. They're relying on the digital health resources their employers have made available to them.

As you may know, NS is about much more than weight loss. We help people with all the things that keep their bodies healthy—managing stress and anxiety, getting great sleep consistently, increasing physical activity, mindful eating, and more. We could all use this type of support, especially in this moment, right?

Even if you aren't offering NS right now, we can help! **We've created a toolkit full of no-cost health resources that you can use to encourage your employees to take care of themselves during this time. [Click here to view our Employer Toolkit.](#)** *(We're adding new pieces every week, so check back often.)*

Please let us know if there's anything we can do to support you right now.

Take care of yourself and your teams,

—The NS Team

Get NS for your employees

## A few ideas for using the Employer Toolkit

Select the pieces your employees need, then include them in your newsletter, create a weekly inspiration email, send out a couple of the resources to members each week, and/or add a link to the resources on your website.



## The role of obesity in the COVID-19 pandemic

According to the CDC and other industry sources, individuals with serious underlying health conditions—obesity, metabolic syndrome (MetS),

With NS, you can help your employees...



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heart disease, and diabetes, to name a few—are at higher risk of experiencing long-term complications, and even death, due to COVID-19.

By offering your employees a digital health solution like Naturally Slim, you can help them reduce (and in some cases, reverse) their risk of serious health conditions while giving them the tools they need to take control of their well-being and protect themselves against complications caused by COVID-19. **Helping employees get healthy and lowering claims costs? We call that a win-win.**

Check out our [“You have more control than you think”](#) whitepaper to find out how you can help employees achieve better health and minimize your healthcare spend during the pandemic and beyond.

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