



A Health Improvement Opportunity for You

Greyhound Lines, Inc. – National Local 1700 of the Amalgamated Transit Union Health & Welfare Trust (Greyhound ATU) 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 pilot 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 pilot program, go online to www.naturallyslim.com/GreyhoundATU

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.

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.

“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 2012 *Naturally Slim* Participant

Participation Basics

- To participate, you must complete the online application at www.naturallyslim.com/GreyhoundATU by **August 26th**, agree to the program requirements, and be accepted. Because Greyhound ATU is offering this as a pilot program, participation is limited.
- If you apply, you will be notified via e-mail whether or not you are accepted into the program by **August 29th**.
- The online program will begin on **Monday, September 10th**.
- Pre- and post-program biometric screenings are required. You will receive more information about the screenings once accepted into the program.

No Cost to You as Long as You Complete the Program!

For chosen participants, the pilot program will be provided at no cost (a \$500 value). Your participation will help achieve its goal of becoming a more health-conscious entity. **However, if you do not complete the program as defined above, you will be responsible for reimbursing Greyhound ATU the program fee originally paid on your behalf.**

Important Dates

- **August 26th**: Deadline to complete the online application at www.naturallyslim.com/GreyhoundATU
 - **August 29th**: All applicants will be notified whether or not they are accepted.
 - **September 10th**: Online program begins for accepted applicants.
- otherwise divulge any participant information to any unauthorized party.

The Health-Scare in America

- Approximately 4% of the U.S. population incurs 60% of the country's medical claims.
- The United States spends a higher percentage of its GDP on health care than any other industrialized nation on the planet.
- The United States has the highest overweight and obesity rates of any other industrialized nation in the world.
- The increase in weight is linked to an increase in the production of disease such as diabetes, cardiovascular disease, Alzheimer's, cancer, and other lifestyle-related conditions.

A Note About Confidentiality...

The information that you provide to Naturally Slim will be considered confidential and will be available only to you and the program professionals. **Neither Greyhound Lines, Inc. nor Greyhound ATU will have access to the personal information that you include in the online application.** Furthermore, Naturally Slim cannot sell or otherwise divulge any participant information to any authorized party.