**Thread:** Personal

**Subgroup:** Individual

**Foci:** 1-5; 5-15; 15+

**Program Title:**  Naturally Slim © Program

**Contact Person/Office:** Maureen Gallagher

**School :** St. Joseph’s Prep

**Program Description:** Targeted at a population meeting specific health criteria, Naturally Slim is a 10 week web-based program that addresses healthy weight loss and lifestyle habits. 10 video sessions are available supported by interaction with a personal counselor. Enrollees are encouraged to keep track of their eating habits.

**Rationale:** Promotion of healthy eating habits in at-risk populations will improve overall health and reduce the cost of healthcare.

**Leadership:** The program is provided by the Pennsylvania Area Independent Schools Insurance Group through Naturally Slim, Inc.

**Implementation:** Maureen Gallagher notifies staff of enrollment options and website links.

**Processes and Resources:** The Program is entirely web based. St. Joseph’s Prep provides all Faculty with a wireless capable laptop computer.

**Finances:** The cost of $500 per person is covered by the PAISIG. Anyone who does not complete the 10 weeks is required to pay part of the fee.

**Rewards:** None, other than the feeling of empowerment and improved health.

**Time (When/Length):** The program lasts 10 weeks, but can be completed at the enrollee’s convenience.

**Location (Space):** None required.

**Accountability/Assessment:** Naturally Slim notifies PAISIG once the course is completed. After the course, counselors continue to follow up with encouragement and reminders.