



Subject: Are you interested in becoming A Slimmer You?

Great news – the **A Slimmer You** program brought to you by **A Healthier You™** at Blue Cross and Blue Shield of Kansas City (Blue KC) is back to help you kick off the New Year!

The program will launch on **Monday, March 7** and you have until **Friday, February 18** to apply.

What is A Slimmer You?

- A full 10 weeks of self-paced, online video sessions, and frequent correspondence and guidance from an assigned personal health counselor.
- Encouragement and support to help you develop a lifestyle of eating the foods you enjoy, while improving your health and losing weight. Dieting is not included.
- Valuable lessons teaching you how to identify personal eating habits, the effect hydration has on hunger, the difference between true and psychological hunger and how exercise, stress and your environment all affect weight loss.
- You will receive a reward of 7,500 Points to Blue points if you complete at least eight of 10 classes.

Who can participate?

You must be enrolled in Blue KC insurance through **Kansas City, Kansas School District**, have access to high-speed/broadband internet and not have previously participated in the program to be eligible. Participants will be chosen based on health conditions and willingness to participate in program requirements.

Individuals with the following conditions are not eligible to participate for clinical reasons: anorexia, bulimia, lactating, pregnancy, osteoporosis and/or an unstable mental or psychological condition.

How much does it cost?

The program is provided at no cost (a \$385 value). If you complete program requirements (listed below), Kansas City, Kansas School District will award you with the "Eat Right for Life" book by Dr. Ann.

What You Are Committing to: Program Requirements

- Complete the online application at www.NaturallySlim.com/KCKSD by **Friday, February 18**. Continuous access to Internet and e-mail is necessary for participation in this program.
 - Please add serviceshlc@hlcsignup.com as a safe sender if you are using a personal e-mail address to apply, to ensure you receive notice if you are accepted into the program.
- Pre- and post-program, fasting, biometric screenings. If you are unable to attend the screenings, signing up to participate in the program is not recommended. Screenings are a required portion of the program.
 - Pre-screenings can be completed by attending one of the annual screenings between **Wednesday, February 16** and **Thursday, March 3**. All screenings must be complete before **March 7, 2011**.
 - Post-screenings will be held the week of **May 16**.
 - Registration information will be provided if you are accepted into the program.
- Participation in at least eight of 10 classes, including Week One. Each video session is available 24 hours a day for 10 days. Points to Blue points will only be issued if this step is completed.
- Logging your weight each week. Please ensure you have access to a scale. You will be prompted to log your weight at the beginning of each video session.

NOTE: Kansas City, Kansas School District will not have access to your personal health information. All of your health information will be submitted directly to the administrator of the program.

QUESTIONS Contact Kate Foster at 913.279.2030 or kafoste@kckps.org