**M E M O R A N D U M**

**TO:** Health Care Commission

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**FROM:** Mike Michael

**DATE: May 20, 2019**

**SUBJECT: Contract for Weight Loss Wellness Program**

Under Request for Proposal (RFP) EVT0004104 the Health Care Commission voted in 2016 to begin offering members the Naturally Slim program as part of the HealthQuest wellness program. The first year of the Naturally Slim program was 2017 and the current three-year contract will end December 31, 2019. The original contract allows for an extension with a mutual agreement between the parties.

Naturally Slim is a standalone weight management programs available to the members of the health plan. Naturally Slim is an online program which helps the individual change how they eat instead of what they eat. They learn the skills to lose weight and keep it off forever while still eating their favorite foods. The individuals will improve their health and reduce their chance of developing a serious, chronic disease, like diabetes or heart disease and it is free to the member.

The video platform can be accessed at home, at work or any location using a mobile device, tablet or computer. The program does not require monthly meetings, prepackage food, or other additional cost services. In addition to promoting weight loss, the program also promotes members engaging in healthy habits like healthy eating, exercising and promotes the importance of adequate hydration and sleep.

Engagement by members in this program has been higher than expected. Members who are actively engaged in the program report weight loss and positive health outcomes from their participation. Because the program is about more than just dieting, members learn the skills to lose weight and keep it off. Following the first program year, Naturally Slim staff visited Topeka and videotaped their meeting with some of the members providing their experience with the program that year. You can view the video by at this link: <https://www.naturallyslim.com/2018_Corporate_Landing?s=KansasHealthQuest>

Naturally Slim has updated their program each year and continues adding new content to their website that members have access to for a full year as part of the program. Online discussion boards and additional video resources are included in the Naturally Slim platform.

Historically the HealthQuest program had experienced minimal results with a telephonic weight loss program.

Naturally Slim has submitted a three-year renewal proposal with no increase in cost for the SEHP members.

**Recommendation:**

Staff recommends a three (3) year contract extension be awarded to Naturally Slim for the weight management program.