

# **Enroll Today in the Metabolic Syndrome Program!!!**

## **Time is running out! Remember to submit your application for the Metabolic Syndrome program\*, developed by Naturally Slim<sup>®</sup>, by Friday, May 25, 2012.**

Beginning June 12, 2012 Oklahoma State University will offer a **10-week Online Metabolic Syndrome program** which focuses on the primary issues that lead to metabolic syndrome and teaches you tools to help you lose weight, reduce stress, increase exercise and improve your health.

**Learn more about this program and its benefits to you by visiting <http://hr.okstate.edu/benefits/metasyndrome.php>**

### **How do I apply?**

Participation will be limited, and you **must complete an application by May 25, 2012** to be considered. The application is completely confidential. Oklahoma State University will not have access to any of your health information. **OSU will receive a list of participants along with attendance records (for administration and billing purposes), and aggregate reports, which will allow them to evaluate the effectiveness of the program.**

1. **Know your numbers** – Get a copy of your most recent blood work from your Health Risk Assessment (HRA) or personal physician, including cholesterol (total, LDL and HDL), glucose, triglycerides and blood pressure. You'll want to complete these areas of the application to be considered first for the program (if you do not have these numbers, you may still complete the application with the information to the best of your knowledge). If you completed your HRA in BlueAccess for Members (BAM), you may log in to your account and access your numbers, <http://www.bcbsok.com/osu/>. For step by step instructions in accessing your numbers in BAM, click [here](#).

2. **Complete the online application at:**

<http://resp.survey01.net/servlet/survey?surveyId=Mjk2MDcS1>

Submit the application by May 25, 2012.

3. Applicants will be **notified by May 30, 2012**, as to whether or not they have been accepted into the program.

For any additional questions about the program, please contact Employee Services, [osu-es@okstate.edu](mailto:osu-es@okstate.edu) or 405.744.5449.

\*This program is not a substitute for the sound medical advice of your doctor. If you have any questions or concerns regarding your medical condition or your participation in this program, you should discuss them with your doctor.

Naturally Slim<sup>®</sup> is an independent company that develops programs to help individuals prevent and reverse metabolic syndrome and is solely responsible for its products and services.