



# 2019 TEXAS MUTUAL WELLNESS GRANTS

**Help your employees achieve their weight loss goals with a wellness grant from Texas Mutual.**

Healthier employees save you money on workers' compensation claims, health care costs, missed work days and so much more.

We've partnered with Naturally Slim, an online and mobile app program, to enhance your employees' wellness, and to help impact your company's productivity. Texas Mutual policyholders who are awarded with a wellness grant will receive the program for free.

**1**

**Wellness grants are exclusively for Texas Mutual policyholders.**

**2**

**Applications open November 1 and will close when the program slots are full.**

**3**

**Recipients will receive a behavioral weight loss program for their eligible employees through Naturally Slim.**

**Texas Mutual**<sup>®</sup>  
WORKERS' COMPENSATION INSURANCE  
WORK SAFE, TEXAS<sup>®</sup>

natura)(y)slim<sup>®</sup>

**Visit [texasmutual.com/grants](http://texasmutual.com/grants) for more information.**

Our wellness grants are part of our commitment to building a stronger, safer Texas through our community program, TXM for Texas.

# 2019 WELLNESS GRANTS PROGRAM GUIDE

## ABOUT THE PROGRAM

Naturally Slim has helped hundreds of companies across the nation reduce their health care costs and we're proud to offer this program to our policyholders. The program teaches you how to lose weight and improve your health. It does not restrict what you eat and it does not require counting calories, lab tests or weekly weigh-ins. Instead, it teaches you when and how to eat.

Wellness grant recipients will receive a 12-month online program for their eligible employees that includes 10 weeks of Naturally Slim's foundation, seven bi-weekly videos for reinforcement and six monthly videos for maintenance. **Watch their introduction video.**

## ELIGIBILITY GUIDELINES

All Texas Mutual policyholders in good standing are eligible to apply. You will need a Texas Mutual Online login to complete the application.

## GRANT APPLICATION PROCESS

Only one person per company can apply and that person will be the single point of contact. The application will be processed through our online wellness grant portal, which you can access at [texasmutual.com/grants](https://texasmutual.com/grants) beginning November 1, 2019. We recommend applying as soon as the applications open, as grants are processed in the order they are received. **The program closes when the slots are full.**

You'll need to have the following ready for your application:

1. The number of full-time and part-time employees at your company. Please note that temporary and contract employees are not eligible to participate in the program.
2. A short statement (one to two paragraphs) explaining why your company is a good candidate for a wellness grant.

We will email a letter of acceptance or denial within two weeks of receiving your application.

## IF YOUR GRANT IS APPROVED

You will receive resources and step-by-step guidance from Naturally Slim on how to implement a customized program for your company. Naturally Slim requires employees interested in participating to complete an application to be accepted into the program. Please note, Naturally Slim reserves the right to exclude an individual from participating due to certain health concerns.

## FREQUENTLY ASKED QUESTIONS

**Q: Is there any financial obligation for my company to participate?**

A: No, Texas Mutual is contracting with Naturally Slim to offer this program at no cost to our policyholders.

**Q: Will I receive a premium discount?**

A: No, Texas Mutual does not offer a premium discount for participating in the wellness grant program.

**Q: How can I get a Texas Mutual Online login?**

A: Visit [texasmutual.com](https://texasmutual.com), click Login and choose Policyholder Account under Need an account.

[texasmutual.com](https://texasmutual.com)  
[worksafetexas.com](https://worksafetexas.com)



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For more information, email  
[grants@texasmutual.com](mailto:grants@texasmutual.com) or call  
**844-WORKSAFE (967-5723).**