

STRONG BUSINESSES CHOOSE VTRIM



Bulletin Board
The bulletin board provides a way for employees to stay connected in between weekly meetings.



Homepage
The homepage prominently displays features that are known drivers of weight loss through scientific study of the Vtrim site.



Food and Exercise Journal
Employees keep track of calories in and calories out by logging everything they eat and the exercise they do in their weekly journal. Expert feedback is provided on their entries.



Weekly Lessons
Employees read and reflect on lessons related to behavior modification and weight loss on a weekly basis. The weekly chat meeting covers the lesson topic of the week.

Vtrim Online, Research-Based, Modern, Effective and Convenient

The University of Vermont has a proven ability to provide online learning experiences that provide high impact results. Collaboratively developed with the University of Vermont Department of Nutrition and Food Sciences and the Department of Continuing Education, the Vtrim online program provides a comprehensive blended learning environment that is without peer competition in the weight management marketplace. The contemporary Vtrim online environment provides the education, facilitator support and peer to peer interaction that will provide the most effective result for better health for your employees and a healthier bottom line for your business.

To Find Out More

For more information please contact Lori Smith, Health Management Wellness Consultant, Hickok and Boardman Group Benefits, 802-488-8721 or lori.smith@hbfs.com.



GALEN DOW
PRESIDENT AND FOUNDER

NEW BREED MARKETING
WINOOSKI, VERMONT

“Healthy employees are productive employees.”



VTRIM ONLINE BUSINESS SOLUTIONS





A Healthy Bottom Line Begins with Vtrim

Renowned obesity researcher, Dr. Jean Harvey-Berino has studied the behavioral treatment of obesity for the last 17 years at the University of Vermont. With University research funded in part by the National Institutes of Health, Dr. Harvey-Berino developed Vtrim, a scientifically proven approach to weight loss. This program is not a diet. It is a University developed course led by a highly qualified, university-trained facilitator. No more than 20 participants join together in one class to understand what drives their relationship with food and exercise and how to effect life changing behaviors that lead to lifetime weight management.

Vtrim works because the education, support structure, incentives and process have been honed over thousands of participants with a researched based approach. The average participant weight loss is 24 pounds in 24 weeks, and the research indicates a low rate of weight regain.

At \$28.96 per week per participant, Vtrim is not the least expensive corporate weight management program. It is however, the one that has proven evidence-based success, and is therefore the best first option for you to receive a solid return on your wellness investment.

Vtrim For Your Company

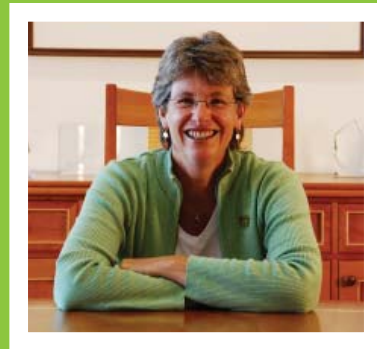
- >> **Company Size**
Ideal for small to mid-sized companies.
- >> **Return on Investment**
Decrease absenteeism, increase productivity; manage escalating health care costs.
- >> **Turn Key System**
Virtually no investment in infrastructure, management or overhead. You provide the employees, we provide the program.
- >> **Online, anywhere**
An online program means all employees can participate regardless of location. Ideal for employees who travel.

Corporate Class Options

Class	Duration	Cost	With 15% Discount For HBGB Clients
online	12 week	\$375.00	\$319.00
in-person (Vermont only)	12 week	\$375.00	\$319.00
online	24 week	\$695.00	\$590.00
in-person (Vermont only)	24 week	\$695.00	\$590.00

Winning Workplaces

Ask for '7 Steps to a New You', the story of Jan and David Blittersdorf, founders of NRG Systems. An innovative green energy company, the Blittersdorf's experience was so powerful that the company now offers Vtrim to its employees. Vtrim works and helps your employees to work better for you.



"The results of Vtrim have had a profound effect on my work life. I have more energy, I am more productive. As CEO, I want my employees to reap the same rewards so NRG Systems offers Vtrim to our employees. They benefit personally and we benefit as a company when healthier lifestyles are a part of our corporate culture."

JAN L. BLITTERSDORF
PRESIDENT AND CEO
NRG SYSTEMS

How does Vtrim compare to other weight loss programs?

Program Components	Vtrim	Weight Watchers.com	e-Diets	Nutrisystem	Jenny Craig
Group support	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Specific meal requirements	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Highest average weight loss	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Best chance of long term success	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Expert clinical facilitators	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Online group weekly meetings	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lowest participant to facilitator ratio	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
University research-based	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Graduated exercise component	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cost	\$28.96* Per Week	\$4.33 Per Week + \$30 Startup	\$4.32 Per Week	\$75 Per Week	\$100-125 Per Week + \$300 Startup

*Vtrim cost based on 24 week program

Group support

Evidence shows that small group peer support is more effective than individual counseling. Establishing relationships with your group over six months maximizes your motivation to adhere to program goals.

Specific meal requirements

No special meals! Learn to eat food you like in a way that allows you to manage your weight. While keeping track of your calorie intake is important, you can choose the foods that make you happy.

Highest Average Weight Loss

Clinically proven to lose an average of 24 pounds in six months. Our stated results are conclusive and based upon participant data.

Best chance of long term success

Research shows this treatment, when compared to other commercial programs, produces the best long term weight loss.

Expert clinical facilitators

Each class is led by a Vtrim certified facilitator who is a university-trained health professional with credentials including a PhD, RD, RN or Masters degree.

Online group weekly meetings

Vtrim meets once per week in a virtual classroom. Each meeting, led by a certified facilitator, centers around modifying your health behaviors to help you establish healthy habits you can use for the rest of your life.

Lowest participant to facilitator ratio

In order to promote strong group support, classes are no larger than 20 participants per facilitator. A closed group format means you start and complete the program with the same group members, unlike other programs that have a rolling admission structure.

University research-based

Vtrim is guided by over \$5 million of grant funded research, including funds from the National Institutes of Health, for over 17 years.

Graduated exercise component

Vtrim utilizes a graduated research-based exercise program to optimize weight loss and promote long term weight maintenance.

Cost

Vtrim utilizes the gold standard approach for clinically meaningful weight loss. The combination of personal attention, peer support, university expertise and a systematic approach makes Vtrim the most effective weight loss program for your dollar.