



Ever wonder why

SOME PEOPLE
CAN EAT
WHATEVER
THEY WANT
AND NOT GAIN
WEIGHT?

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You don't have to give up your favorite foods to lose weight and look and feel your best.

Ever wonder how some people can eat all their favorite foods and not gain weight? Naturally Slim is an online program that will teach you how. And here's a hint: it doesn't include starving, counting calories or spending hours prepping 'approved' foods. UT Benefits is giving you the chance to learn how to eat the foods you love while reducing your risk of developing serious conditions, like diabetes or heart disease.

Naturally Slim is available at NO COST to you and is accessible via computer and mobile device so you can participate whenever it's convenient, wherever you are.

Apply Today!

www.naturallyslim.com/LivingWell

Available to all UTSELECT and UT CONNECT medical plan members age 18 and above, including employees, retirees, spouses, and dependents who have *not started* a class within in the last 12 months.

Application closes August 21, 2020.

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LivingWell
make it a priority

UT Benefits
THE UNIVERSITY OF TEXAS SYSTEM