

Here's a New Year's Resolution:

# NO MORE DIETING.

**Eat your favorite foods.**

**Lose weight.**

**Repeat.**

Ever wonder how some people can eat all their favorite foods and not gain weight? Naturally Slim is a ten-week online program that will teach you how. And here's a hint: it doesn't include starving, counting calories or eating diet food.

This Spring, The University of Texas System, Office of Employees Benefits and its Living Well Program are giving UT SELECT Medical Plan members the chance to learn how to eat the foods you love while reducing your risk of developing a serious condition, 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.

**NEW! The Naturally Slim experience has been redesigned! UT System participants will experience a new, more engaging and personalized program.**

**Join the waitlist now:**

**[www.naturallyslim.com/LivingWell](http://www.naturallyslim.com/LivingWell)**

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**UT** Benefits  
THE UNIVERSITY OF TEXAS SYSTEM

LivingWell  
make it a priority

The enrollment period for the Naturally Slim program is March 1-16, 2018 and is available to all UT SELECT Medical Plan members age 18 and above, including employees, retirees, and dependents. The class begins April 2.