

Thriving in our “new abnormal”

The secret sauce to losing weight and feeling great in times of adversity

Managing your weight and overall quality of life can be extra challenging when life throws curve balls your way. But Naturally Slim (NS) participants have been sharing a different story. Those who stuck to our program during 4 months¹ of quarantine not only prevented weight gain, but **lost up to an average of 11 lbs.** and increased their...

Activeness



Confidence



Mood



Energy



UT Benefits is giving you the opportunity to see for yourself at NO COST to you.

No gimmicks. No food you need to buy. NS consists of clinically-proven, skill-building lessons that simply help you change how you think about food and improve your whole wellbeing.

Space is limited. Apply between August 31 - September 11, 2020.

www.naturallyslim.com/LivingWell

The Naturally Slim program begins September 28, 2020.

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

