

# Hindsight is 2020

Face forward into the New Year by focusing on your health and weight loss goals with Naturally Slim® (NS).

Give yourself some grace and start the New Year off strong with NS. We're setting clinically-proven resolutions—based on skill, not willpower—every day to lose weight, sleep better, and reduce stress.

UT Benefits is giving you the opportunity at no cost. No gimmicks. No food you need to buy. Through NS's weekly videos, you'll build lifelong healthy habits that can improve your physical and mental health.



**Space is limited. Apply between  
1/11/2021 - 1/22/2021.**

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

The Naturally Slim program starts February 8, 2021.

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.

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LivingWell  
make it a priority

UT Benefits  
THE UNIVERSITY OF TEXAS SYSTEM

