

Here's a New Year's Resolution:

# NO MORE DIETING.

You don't have to give up your favorite foods to feel your best and improve your health.

Sounds too good to be true, right? Spoiler alert: It's not.

With Naturally Slim<sup>®</sup>, you don't need to count points or calories, eat boring meals or buy special food. All you need is an open mind and a little bit of time, so you can build lifelong, healthy habits to lose weight, feel fantastic and reduce your risk of developing chronic conditions like type 2 diabetes and heart disease.

Since Naturally Slim is an online, video-based program, you can complete it using any internet-connected device—including your smartphone. And the best part? As a UTSELECT or UT CONNECT member, you can participate in Naturally Slim at NO COST to you.

Don't miss out! Apply between  
January 6 and January 17, 2020.

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

The Naturally Slim program starts February 3, 2020 and is available to all UTSELECT and UT CONNECT medical plan members age 18 and above, including employees, retirees, spouses and dependents who have not participated in the last 12 months.

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LivingWell  
make it a priority

UT Benefits  
THE UNIVERSITY OF TEXAS SYSTEM