

# TIP OF THE WEEK

natura)(y slim<sup>®</sup>



**LivingWell**  
make it a priority  
THE UNIVERSITY of TEXAS SYSTEM

## Apply for Naturally Slim Today

Lose weight naturally, while still eating the foods you love.

*Naturally Slim* is an online behavioral program that helps you change how you eat, instead of what you eat. It's not a diet. And, it's free to you. The program is available to all UT SELECT Medical plan members ages 18+, and the cost is fully covered by the UT SELECT Medical Plan.

**Learn more and sign up now:**  
[www.naturallyslim.com/livingwell](http://www.naturallyslim.com/livingwell)

Application Period: March 1-17  
Acceptance Notification: March 23  
Program Start Date: April 3