

TIP OF THE WEEK

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Last Week to Apply for Naturally Slim!

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

Application Period: March 1-16
Acceptance Notification: March 23
Program Start Date: April 2


LivingWell
make it a priority
THE UNIVERSITY of TEXAS SYSTEM