



# How to Eat a Cheeseburger 101

*(And, there is a right way.)*

**You don't have to give up your favorite foods to lose weight and feel your best.**

The Naturally Slim program has the secret to lasting weight loss and it doesn't include starving, counting calories or spending hours prepping 'approved' foods. HealthSelect of Texas<sup>SM</sup> of Texas and Consumer Directed HealthSelect<sup>SM</sup> are offering participants enrolled in the health plan the chance to learn how to eat and manage your weight in a way that reduces your chances of getting a serious disease, like diabetes or heart disease, and increases your chance at living a longer, healthier life — **at no cost to you.**

Naturally Slim is available at NO COST to you and is accessible via computer and mobile device so you can participate whenever it's convenient, wherever you are.

**Enroll today!**

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

Naturally Slim is available at no cost to employees, retirees or dependents enrolled in a HealthSelect plan (excluding Medicare-primary participants) who are 18 or older and have a BMI of 23 or higher.

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HealthSelect<sup>®</sup> CONSUMER DIRECTED  
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