

# Ever wonder why



**some people can eat whatever they want and not gain weight?**

**Finally... You don't have to give up the foods you love!**

The Naturally Slim® program has the secret to lasting weight loss and it doesn't include starving, counting calories or eating diet food. This simple, online program helps you change how you eat instead of what you eat. Plus, it will help you reduce your chances of getting a serious disease, like diabetes or heart disease, and increase your chance at living a longer, healthier life.

Eat what you love AND improve your health! FINALLY! And, HealthSelect is now offering Naturally Slim – **at no cost to you.**

Thousands of people have completed the Naturally Slim program and achieved their goals, and most importantly, kept the weight off. You can, too!

**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.

natura)(y)slim®

HealthSelect of Texas

CONSUMER DIRECTED  
HealthSelect