

Ever wonder why

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



The Naturally Slim[®] program has the secret to lasting weight loss and it doesn't include starving, counting calories or eating diet food. HealthSelect is now offering you the chance to learn how to eat to reduce your chances of getting a serious disease, like diabetes or heart disease, and increase your chance at living a longer, healthier life.

Enroll today!

www.naturallyslim.com/HealthSelect

"I began Naturally Slim as a skeptic, because I have gone through all kinds of weight loss diets. I realized that I can not skip or deprive myself of my favorite foods. Thanks to Naturally Slim, I have learned that I can weigh what I want to weigh and still enjoy my favorite foods. I began my journey weighing 183.8 on January 1, 2018 and I currently weigh 170.8 after 10 weeks, and I am still losing."

-Naturally Slim Participant

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^{of Texas}

CONSUMER DIRECTED
HealthSelect