Naturally Slim® Program Announcement Text

**Send To:** All employees

**Email subject line:** Naturally Slim: a program that helps you lose weight while eating what you love.

[](http://www.naturallyslim.com/healthselect)

Learn how to lose weight and improve your health while eating the foods you love.

If you are enrolled in HealthSelect of TexasSM, HealthSelectSM Out-of-State or Consumer Directed HealthSelectSM you may be eligible for a program to lose weight and improve your health– at no cost! The Naturally Slim program doesn’t include starving, counting calories, or eating diet food. It’s an online program that helps you learn how to eat and manage your weight in a way that reduces your chance of getting a serious disease, like diabetes or heart disease, and increases your chances at living a longer, healthier life. Lose weight, plus improve your overall health –while eating the foods you love!

**Enroll today at** [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.