

# Naturally Slim<sup>®</sup> is back!

## Sign up beginning September 3



### Ever wonder how some people can eat whatever they want and not gain weight? Learn how with Naturally Slim.

Naturally Slim is a common-sense, online weight loss program based on Eatology™, the study of when, why and how we eat. Unlike diets, which rely on your willpower and 'eat this, not that' advice, Naturally Slim teaches you simple, repeatable skills to help you lose weight and keep it off in the real world, while still eating the foods you love – even cheeseburgers!

#### Here's how Naturally Slim works:

Instead of making you count points, track calories or spend hours prepping 'approved' foods, we use a science-based approach based on the eating patterns that people who don't struggle with their weight use naturally. During the initial 10 weeks of the program, you'll log-in to your Naturally Slim dashboard to learn tips like:

- Ways to enjoy your favorite foods without going overboard
- How to manage the differences between appetite and hunger
- How to keep thirst from hijacking your weight loss
- The reasons we eat, many of which have nothing to do with hunger
- How to stop eating around emotions like stress, anger and depression
- How to sleep better, become more physically active, reduce stress and more!

#### What's included?

- A fun welcome kit to get you started
- A personalized curriculum to help you meet your goals
- A digital dashboard for learning, goal setting, tracking and more
- Regular emails and texts to keep you motivated and on track
- Access to health coaches to work through specific challenges
- A mobile app to easily access Naturally Slim from anywhere
- An online community for social support
- Digital tools to give you feedback and help you build skills
- Integration with activity trackers, scales and digital assistants like Amazon Alexa

“I cannot believe this. I have lost 15 pounds in 3 weeks with NO effort. I have kicked my sugary drink habit. I am sleeping better and have energy that I didn't know existed. I am so grateful for this program.”

- Naturally Slim Participant

**Apply for Naturally Slim beginning September 3, 2019.**

**Visit [www.naturallyslim.com/LivingWell](http://www.naturallyslim.com/LivingWell) to learn more and join the waitlist.**

UT SELECT and UT CONNECT medical plan members age 18+ are eligible to participate in Naturally Slim at NO COST.

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LivingWell  
make it a priority

UT Benefits  
THE UNIVERSITY OF TEXAS SYSTEM