

HealthSelect
of Texas

CONSUMER DIRECTED
HealthSelect

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!

Naturally Slim is **available at no cost** to eligible employees, spouses and dependents 18 and older (excludes Medicare primary participants) enrolled in HealthSelect of Texas or Consumer Directed HealthSelect, who have a BMI of 23 or higher.

"Over the first ten weeks, I lost 30 lbs. and my husband dropped 35, all while we continued to order pizza, eat at restaurants, and enjoy our favorite meals at home. I've gone from skeptic to believer."

-Naturally Slim participant & former skeptic

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www.naturallyslim.com/HealthSelect

What is Naturally Slim?

Naturally Slim is an online program that helps you change how you eat instead of what you eat. It's not a diet. There are no points to count. No prepackaged meals. No calories to keep track of. And, definitely no fasting.

The program teaches you mindful eating techniques and you will learn it's possible to eat the foods you love while you lose weight and improve your health. Plus, you will reduce your chance of developing serious, chronic disease and increase your chances of living a longer, healthier life.

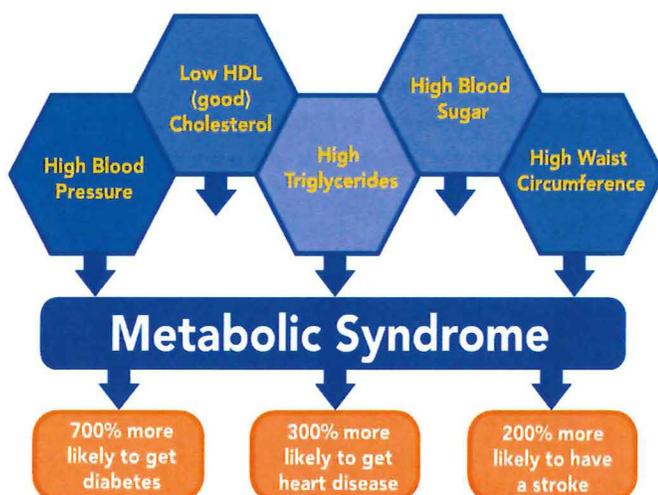
The Naturally Slim Foundations program includes:

- 10 self-paced, informative, online video sessions
- Frequent correspondence & guidance from the health counselor team
- An online community to connect with other participants for answers & inspiration
- A dashboard with tools to monitor your progress, learn new skills and get motivated
- A mobile app for on-the-go access to sessions & tools to help you practice your new skills

Why is it important?

Naturally Slim is about more than just losing weight. It's about improving your overall health and reducing your chance of developing serious, chronic disease.

The development of many serious diseases isn't random. There are certain risk factors that are generally precursors to these problems. A combination of these risk factors, called Metabolic Syndrome, can significantly raise your risk for heart disease, diabetes, stroke and many cancers.



You can be diagnosed with Metabolic Syndrome if you have three or more of these risk factors.

- High Blood Pressure
- Low HDL (good) Cholesterol
- High Triglycerides
- High Blood Sugar
- High Waist Circumference

The good news is that you can help prevent Metabolic Syndrome through healthy lifestyle changes! That's where Naturally Slim comes in. By following the principles taught in Naturally Slim, you can improve your health, reduce the risks associated with Metabolic Syndrome and dramatically reduce your chance of developing serious medical conditions.

Participants average 10 pounds of weight loss during the ten weeks of the program. And, most learn the skills to keep that weight off or keep losing after the program.

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Learn more and apply at
www.naturallyslim.com/HealthSelect