

# HAPPY *new you!*

## **You don't have to give up your favorite foods to lose weight and feel your best.**

Ever wonder how some people can eat all their favorite foods and not gain weight? Naturally Slim is an online program that will teach you how. And here's a hint: it doesn't include starving, counting calories or spending hours prepping 'approved' foods. TRS and Scott and White Health Plan are giving you the chance to learn how to eat the foods you love while reducing your risk of developing serious conditions, like diabetes or heart disease.

Naturally Slim is available at NO COST to you and is accessible via computer and mobile device so you can participate whenever it's convenient, wherever you are.

**Space is limited. Apply between  
January 13 - January 24, 2020.  
[www.naturallyslim.com/trsswhp](http://www.naturallyslim.com/trsswhp)**

The Naturally Slim program starts February 10, 2020. Employees, spouses, and adult dependents on the Scott and White Health Plan are eligible to apply.

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