



Love hamburgers while losing love handles.

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

UT Benefits is offering **you, your spouse and adult dependents** an opportunity to lose weight — **for free** — with a program called Naturally Slim®. The Naturally Slim program has the secret to lasting weight loss and it doesn't include starving, counting calories, or eating diet food. Plus, it's an online program, so you can participate when it's convenient for you.

Naturally Slim will help you learn how to eat to reduce your chance of getting a serious disease, like diabetes or heart disease, and increase your chances at living a longer, healthier life.

**Space is limited. Apply between
March 1 - 17, 2017.**

www.naturallyslim.com/livingwell

The program is available to UT SELECT Medical plan members age 18 and above, including employees, retirees, and dependents. The Naturally Slim program begins April 3, 2017.

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UT Benefits
THE UNIVERSITY of TEXAS SYSTEM

LivingWell
make it a priority