

FEELING FRIED?

With everything going on around us, now's the most impactful time to focus on you.

How? With a program called Naturally Slim® (NS). In it, you'll learn how to lose weight, feel better, and reduce your risk of developing serious conditions—like diabetes and heart disease—all while eating your favorite foods. NS works by teaching you the lifelong skills you need to make mindful choices so you can ditch diets and reach your goals without feeling deprived. Plus, it's accessible via computer and mobile device so you can complete it whenever it's convenient, wherever you are.

And the best part? Scott and White Care Plans is giving you the opportunity to participate in Naturally Slim at NO COST to you.

Enrollment is now open!
To learn more and apply, visit:

naturallyslim.com/SWHP

Employees, spouses, and adult dependents (ages 18 and older) on the Scott and White Care Plans are eligible to apply.

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Scott & White
CARE PLANS
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