

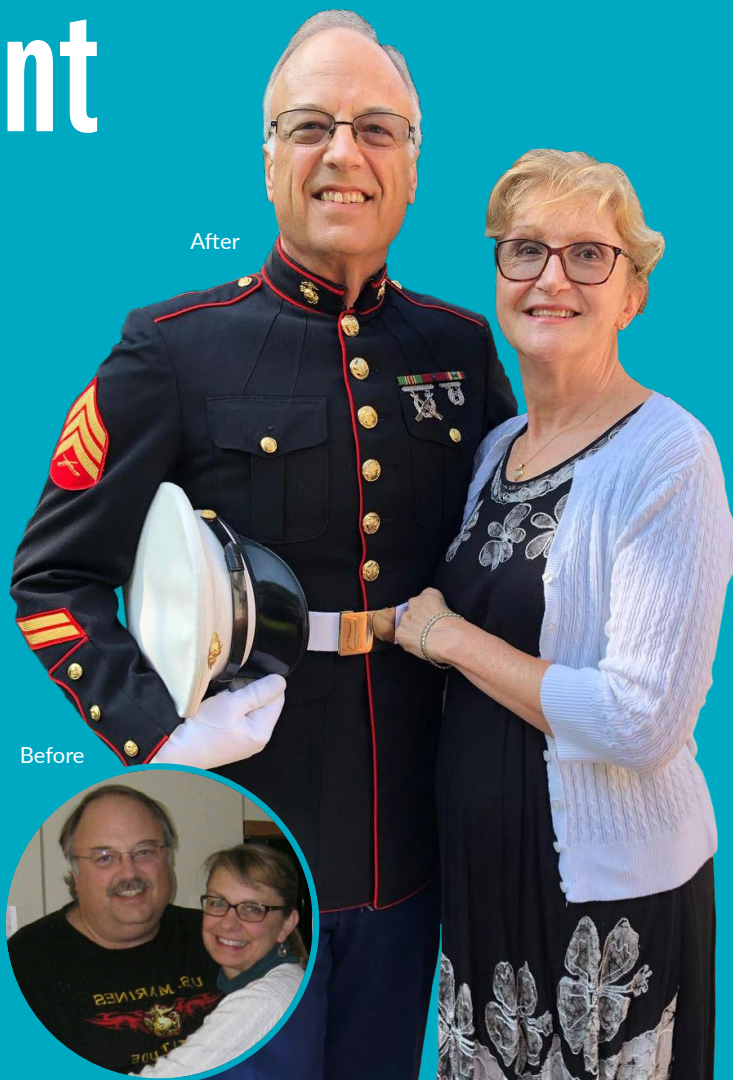
# Eat what you want and lose weight

The key to losing and keeping off weight: a program based on skill-building, not willpower.

A big reason many weight loss programs fail is because people put too much pressure on themselves to cut out foods they normally eat or purchase gym equipment they're not used to using. But Naturally Slim (NS), as our participants say, offers "a lifestyle you can live with."

NS consists of psychology-based, clinically-proven, skill building lessons that focus on changing how you eat, not what you eat. While these lifelong skills lead to weight loss, participants also experience less stress, better sleep, and more. Don't just take our word for it.

NS is available at **NO COST** to you, and is accessible anytime, anywhere via desktop or mobile app.



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This had to be a lifestyle change I could live with – which is why it was so important to me to learn how my body worked, and with Naturally Slim, I did!

- David, NS participant  
Lost 173 lbs

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

[www.naturallyslim.com/SWHP](http://www.naturallyslim.com/SWHP)

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

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