

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. Local 22 Health Plan is 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 20 - January 31, 2020.**

www.naturallyslim.com/Local22HealthPlan

The Naturally Slim program starts February 17, 2020.

Employees, spouses, and covered dependents over age 18 who are enrolled in the IBX medical plan are eligible to participate in the program.

natura)(y)slim*

