Give up inches. Not taco night.

Finally. A weight loss program that helps you lose weight without giving up your favorite foods.
“You haven’t failed diets. Diets have failed you.”

Marcia Upson, RN, MS, FNP-C
President, Naturally Slim
What is Naturally Slim?

A 10-week, online program that teaches you how to lose weight & improve your health without giving up your favorite foods.

• No counting calories or points, no eating diet foods and no starving!
• Teaches the skills that people who don’t struggle with their weight use naturally
• Participate online via computer or mobile device
• Offered at no cost to you!
Don’t give up the foods you love!

Ever wonder why some people can eat their favorite foods without gaining weight? Naturally Slim will teach you the skills that people who don’t struggle with their weight use naturally.
Learn to identify true hunger

Discover your Vital Needs™

Simply eat differently

Eatology™
Understanding when, why and how to eat.
How is Naturally Slim delivered?

The program is delivered online and via mobile device, making it easy to participate from anywhere – at your convenience.

Pro Tip: Kick up your Naturally Slim experience and practice your new skills with the Naturally Slim Companion app (available for iOS and Android devices).
What should I expect?

Each week, you’ll receive instructional videos to teach you new, mindful eating skills. Watch at your own pace from your computer, phone or tablet.

Pro Tip: Access NSTown, the Naturally Slim community, to connect with other Naturally Slim members, get answers to questions and get inspired!
What will I learn?

The right way to eat your favorite foods so that you lose weight and improve your health

Practical tips for eating in the real world (think buffets, holidays, tailgating)

How to recognize the difference between appetite and hunger

The sneaky ways hydration influences hunger

How stress, sleep, exercise and your environment all affect weight loss
“I'm on week 6 and lost 13 pounds. I went for my annual and my doctor asked if I was ready to stop taking my blood pressure medication.”

- Kathleen, Naturally Slim participant
Typical results

- 50.7% NO LONGER HAVE METABOLIC SYNDROME**
- 31% NO LONGER HAVE ELEVATED WAIST CIRCUMFERENCE**
- 29% NO LONGER HAVE ELEVATED FASTING GLUCOSE**
- 31% NO LONGER HAVE HIGH BLOOD PRESSURE**
- 40% NO LONGER HAVE ELEVATED TRIGLYCERIDES**
How do I get started?

Watch for an announcement

Apply

Receive welcome kit & get started!
Learn more and apply!

• Visit www.naturallyslim.com/PEBA to learn more and sign up.
• Next available class will be on February 4, 2019.
• Naturally Slim is available at **no cost** to you through your State Health Plan Benefit. Spouses and dependents age 18 or older on the State Health Plan are eligible to apply. Medicare-primary members are also eligible to apply.