

Don't leave blood glucose levels in limbo.

Lose weight and improve your blood glucose levels with Naturally Slim.

Losing weight, reducing sugar intake, and being physically active are the keys to improving blood glucose levels. Naturally Slim is a year-long program that will teach you the skills you need to do just that. The program is delivered online, making your journey back to health simple and convenient. Even better, Harris Health is offering Naturally Slim at **no cost to you!**

Science has shown losing 3-5% of your body weight can significantly improve your health. Yep, just 3-5%! Most Naturally Slim participants lose 5-6% of their body weight in just 10 weeks.

With Naturally Slim, you'll learn:

- Ways to enjoy your favorite foods while losing weight and lowering your blood glucose levels
- How to recognize the difference between appetite and hunger
- The key role emotions, sleep, and other needs play in your eating
- The benefits of adding more movement to your day
- And much more!

Don't miss out. Apply now!

www.naturallyslim.com/harrishealth

Harris Health employees enrolled in the Cigna or Kelsey medical plan (and their covered spouses) are eligible to apply for Naturally Slim. Those who complete the program will earn rewards. Go to www.naturallyslim.com/harrishealth for more details. Once accepted, participants will receive 50 Premium Points on MyCigna per weekly session completed. Please note: MyCigna is set up so that participants can only receive points for one activity per goal category per day. The Naturally Slim weekly sessions will fall under the "Complete an Employee Wellness Class" goal category on MyCigna.

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Caring for ourselves so we can care for others