

# Thriving in our “new abnormal”

The secret sauce to losing weight  
and feeling great in times of adversity

Those who stuck to our program during 4 months<sup>1</sup> of quarantine not only prevented weight gain, but **lost up to an average of 11 lbs.** and increased their...

Activeness



Confidence



Mood



Energy



**Harris Health is giving you the opportunity to see for yourself at NO COST to you.**

No gimmicks. No food you need to buy. NS consists of clinically-proven, skill-building lessons that simply help you change how you think about food and improve your whole wellbeing.

**Apply Today!**

[www.naturallyslim.com/harrishealth](http://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](http://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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**HARRISHEALTH**  
SYSTEM  
**HEALTHY@HARRIS**  
Caring for ourselves so we can care for others