

Hindsight is 2020

Face forward into the New Year by focusing on your health and weight loss goals with Naturally Slim® (NS).

Give yourself some grace and start the New Year off strong with NS. We're setting clinically-proven resolutions—based on skill, not willpower—every day to lose weight, sleep better, and reduce stress.

MoDOT and MSHP is giving you the opportunity at no cost. No gimmicks. No food you need to buy. Through NS's weekly videos, you'll build lifelong healthy habits that can improve your physical and mental health.



**Space is limited. Apply between
January 4, 2021 - January 15, 2021.**

www.naturallyslim.com/modot-mshp

The Naturally Slim program starts February 1, 2021.

Active employees, spouses, adult dependents (age 18 or older), and pre-medicare retirees on the Anthem BCBS medical plan are eligible to apply for the program.