

# DITCH DIETS, NOT LUNCH.

You don't have to give up your favorite foods to lose weight and have more energy.

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. MoDOT and MSHP are 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  
June 17, 2019 - June 28, 2019.**

[www.naturallyslim.com/modot-mshp](http://www.naturallyslim.com/modot-mshp)

The Naturally Slim program starts July 15, 2019. Active Employees, Spouses, Adult Dependents (age 18 or older), and Pre-Medicare Retirees on the Anthem BCBS Medical Plan are eligible to apply to the program.

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