



# FIND YOUR HAPPY PLATES

**You don't have to give up your favorite foods to lose weight and look and feel your best.**

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 is 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  
August 19, 2019 - August 30, 2019.  
[www.naturallyslim.com/modot-mshp](http://www.naturallyslim.com/modot-mshp)**

The Naturally Slim program starts September 16, 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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