

Quarantine 15? Not with Naturally Slim®

COMING SOON!

Naturally Slim™ is rebranding to Wondr Health™. Same program, new name and look.

Stay tuned for more information!

We've learned a lot during the pandemic. For instance, how quickly our health status can change when faced with challenges like social isolation and anxiety. Many have gained what's been jokingly called the "Quarantine 15" (à la "Freshman 15" of college years).

However, our clinical team followed the progress of 40,000+ Naturally Slim (NS) participants who started the program between February and June 2020. Here's what they found.



average weight loss*



70% increased their physical activity



58% improved their mood



63% increased their energy levels

* average weight loss for NS participants that completed Week 17 of the program

MoDOT and MSHP is giving you the opportunity to see for yourself at no cost to you. No gimmicks. No food you need to buy. Whether you're at home or on-the-go, NS will help you build lifelong health habits that lead to weight loss, less stress, better sleep, and more.

Space is limited. Apply between 4/26/2021 - 5/9/2021.

www.naturallyslim.com/modot-mshp

The Naturally Slim program starts 5/24/2021.

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.

natura)(yslim® |

