



# Ah, perfect timing.

With everything going on around us, you couldn't have picked a better time to focus on you.

It's the perfect time to get (and stay) healthy—both physically and mentally. While things may feel out of your control right now, Scott and White Health Plan has partnered with Naturally Slim to help you take control of your health at no cost to you.

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## Naturally Slim could help you:

- 1 Reach your weight loss goals. Without getting off track.
- 2 Break those old habits. Trade in mindless snacking for mindful eating.
- 3 Relieve stress and anxiety. Manage how you cope and react.
- 4 Build your immunity. Help fight off illnesses by practicing self-care.

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**Enrollment is open. Apply today!**

**[www.naturallyslim.com/SWHP](http://www.naturallyslim.com/SWHP)**

Employees, spouses, and adult dependents on the Scott and White Health Plan are eligible to apply.