



# Naturally Slim

The League's Health Benefits Trust is committed to being more than insurance for our members. We partner with supplemental wellness education programs that improve employees' health by providing practical tips and information that work for the way people actually live. We carefully research our partners to make sure they have the success rates and evidence to back up their claims.

**The Health Benefits Trust's weight loss partner, Naturally Slim, is a not-a-diet weight loss program that teaches participants about small changes that can have a big impact.** The 10-week online course is free to HBT members and highlights a range of topics related to weight loss and behavior change while avoiding common weight-loss program methods and rules like counting calories or eliminating certain types of food. Instead, the program focuses on a handful of simple principles related to how much and when to eat.

After only one year of partnering with Naturally Slim, HBT's participating members have:

- Lost a combined 1,500 pounds
- Reported improvements with indigestion (100% of participants)
- Improved self-confidence (86% of participants)
- Increased energy levels (76% of participants)
- And more!

HBT is currently offering complimentary enrollment in Naturally Slim twice a year, in the spring and fall, and notices are sent to employers and employees.

**For more information about HBT's partnership with Naturally Slim, contact the League's Health Benefits Trust at (919) 715-4000 or visit [www.rms.ncml.org](http://www.rms.ncml.org) or [www.naturallyslim.com/MITofNC](http://www.naturallyslim.com/MITofNC).**