The State of Kansas is offering you an opportunity to lose weight -- at no cost -- with a program called Naturally Slim.

Naturally Slim is an online program that helps you lose weight, plus improve your overall health -- all while eating the foods you love! With Naturally Slim, you will learn that you don’t have to starve yourself or count calories to lose weight and keep it off forever!

Employees and spouses enrolled in the State of Kansas health plan are eligible to apply. Participants who complete all 10 weeks of the Naturally Slim program will receive 15 HealthQuest credits and Plan C members receive $150 in their HSA or HRA.

Space in the program is limited. To be considered, you must complete the online application by January 21, 2017.

Visit www.naturallyslim.com/kansashealthquest to apply and learn more.
Give up inches, not taco night.

Learn how to lose weight and improve your health while eating the foods you love.

The Naturally Slim program has the secret to lasting weight loss and it doesn’t include starving, counting calories or eating diet food. The State of Kansas is now offering you the chance to learn how to eat to reduce your chances of getting a serious disease, like diabetes or heart disease, and increase your chance at living a longer, healthier life.

Lose weight, improve your overall health, earn HealthQuest credits and Plan C members earn HSA/HRA dollars — all while eating the foods you love!

Space is limited.
Apply between January 9-20, 2017.
www.naturallyslim.com/kansashealthquest

The Naturally Slim program begins February 6, 2017. Employees and spouses enrolled in the State of Kansas health plan are eligible to apply. Participants who complete all 10 weeks of the Naturally Slim program will receive 15 HealthQuest credits and Plan C members receive $150 in their HSA or HRA.