

# slim story

*“When entering the program, I had been taking medication for cholesterol & high blood pressure for many years. I was overweight with a high BMI and most of the other indicators of metabolic syndrome.*

*The instruction from Naturally Slim was quite enlightening. The online, video format was convenient. Surprisingly, the behavioral adjustment wasn't particularly difficult, but it has clearly been beneficial.*

***After 7 weeks, my triglyceride levels dropped by 100 points, blood pressure by 21 points, waist measurement by 6 inches, weight by 26 pounds and improved my cholesterol levels by 3.5 mg/dL.***

*My physician has already ordered reductions to my blood pressure and cholesterol medications. It is my anticipation that those will be completely eliminated in the near term. Since completing Naturally Slim, my weight has dropped further, below my desired weight. However, by using the Naturally Slim precepts, I am able to maintain my weight within a narrow target range.*

*I heartily recommend Naturally Slim to others as a practical and sustainable means to improve one's health. I am grateful to NMRHCA and BCBS of NM for providing the Naturally Slim program.”*

-Robert B., NMRHCA member

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**Apply today at [www.naturallyslim.com/NMRHCA](http://www.naturallyslim.com/NMRHCA)**

Members enrolled on the BCBSNM and Presbyterian Medical Plans (excluding Medicare Advantage Members) are eligible to participate in the Naturally Slim program at NO COST.

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