

Here's a New Year's Resolution:

NO MORE DIETING.

You don't have to give up your favorite foods to lose weight and have more energy.

Ever wonder how some people can eat all their favorite foods and not gain weight? Naturally Slim is an online program that will teach you how. And here's a hint: it doesn't include starving, counting calories or eating diet food. New Mexico Retiree Health Care Authority is giving you the chance to learn how to eat the foods you love and reduce your chances of developing a serious condition, like diabetes or heart disease.

Naturally Slim is offered at no cost to you. Here's to living a longer, healthier life!

Enroll now.

www.naturallyslim.com/NMRHCA

Members enrolled on the BCBSNM and Presbyterian Medical Plans (excluding Medicare Advantage Members) are eligible to participate in the program.

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NEW MEXICO
RETIREE
HEALTH CARE
AUTHORITY