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Naturally Slim enrollment is open until Jan. 17 [1]

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Losing weight is one of the top New Year's Resolutions. With Naturally Slim, you don't have to give up your favorite foods to meet your health goals. And here's a hint: It doesn't include counting calories or spending hours meal prepping.

Naturally Slim is an online program where CU Health Plan members learn how to eat the foods they love while reducing their risk of developing serious health conditions like diabetes and heart disease. This perk is available at no cost to CU Health Plan enrollees, their covered spouses and adult dependents.

With weekly lessons, you will learn new skills to help change your relationship with food. Then, you can apply your new-found skills to your everyday life without making huge sacrifices. You can still eat what you want - it is about when and how you do so. You can then track your progress through either an app or on the computer to share with others on the same journey.

In the 2018-19 plan year, 735 CU Health Plan members joined Naturally Slim and lost on average 5.8 pounds. If you are unsure if Naturally Slim is right for you, Be Colorado offers a suite of health programs and apps available to plan members [3].

Space is limited. Applications will be accepted until Jan. 17. The program will begin Feb. 3.

Enroll today [4]

benefits [5], CU Health Plans [6]
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