



Want to take steps to a healthier you? We can help!



Weight Loss

Naturally Slim

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. The University Of Texas System Office Of Employee Benefits and its Living Well Program are giving you the chance to learn how to eat the foods you love while reducing your chances of developing a serious condition like diabetes or heart disease – at no cost to you. Apply at www.naturallyslim.com/LivingWell.

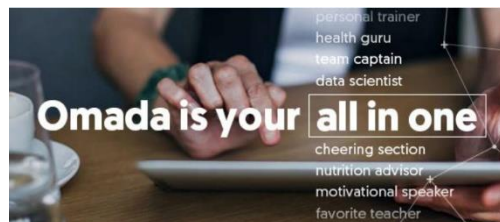
natura)(y)slim®

- **Application period:** Jan. 11-22
- **Acceptance/deferral notification:** Jan. 24
- **Program starts:** Feb. 8
- **Eligibility:** UTSELECT and UT CONNECT medical plan members age 18 and above, including employees, retirees, spouses, and dependents who have not participated in the last 12 months. A member can participate once every 12 months. That means if they participated last fall or summer, they cannot participate this January. They should still have access to the program and can go back and watch weeks that they did not watch yet.
- **Cost:** Naturally Slim is offered at no cost to UTSELECT and UT CONNECT Medical Plan members age 18 and above, including employees, retirees, spouses and dependents.

Questions? [Email](#) Naturally Slim Customer Service.

Omada

Omada is a digital lifestyle change program. It combines the latest technology with ongoing support so you can make the changes that matter the most around eating, activity, sleep or stress. It's an approach shown to help you lose weight and reduce the risks of type 2 diabetes and heart disease. [Register Here](#)





Let's Eat Healthy

In this video series of “What to Know” on Nov. 13, 2020, [Dr. John Warner](#) explores the relationship between what we eat and our immune system. Also on the table is a discussion on nutrition and weight management – not only during the holidays but through the COVID-19 pandemic. The special guests are UT Southwestern subject matter experts Dr. Jaime Almandoz and registered dietitian Susan Rodder.



[Watch Here](#)

Healthy Eating Pantry

[View Here](#)



Physical Activity

EQUINOX

Equinox – Virtual Work Out Classes. Get started on your exercise journey with these free virtual work out classes. Choose from a variety of classes just in time for your new year's resolution.

Athletic Conditioning Class- Push your cardio to new limits with a complimentary Virtual Equinox full body athletic training class. Keep pace with a wide range of bodyweight movements that are sure to increase your strength and stamina.

REGISTER BY CLICKING HERE. Class offering expires Jan. 31.

Need assistance registering? Please contact Karenann.Delaney@equinox.com

Band Burn Class- Take a complimentary Virtual Equinox Band Burn Class. A cross between Pilates and Barre, we lead you through this class that builds lean muscle, fine tunes posture, and increases mobility. Squat, push, pull, lunge, and roll your way through precisely timed intervals, setting your posterior chain—and your results—on fire. Leave feeling leaner, looser, and lighter than you ever thought possible. (Resistance band needed for virtual class)

REGISTER BY CLICKING HERE. Class offering expires on Jan. 31.

Want to receive more info on the UTSW & Equinox partnership?

Email Karenann.Delaney@equinox.com

Prime Live Virtual Classes

Enjoy a variety of live free virtual classes from the comfort of your home just in time to keep that New Year's resolution.

[Register Here](#)

Self-care exercise tips to use throughout the day

These exercises can have a powerful impact on your day and lead to a healthier lifestyle.

[View Video Here](#)

Exercises you can do at work or home - VIDEO

Simple exercises you can do from work and at home.

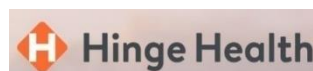
[View Video Here](#)



Healthy Body

Hinge Health

Struggling with chronic pain? Hinge Health is an exercise therapy program to help you conquer chronic back, knee, hip, neck, and shoulder pain - from the convenience of your home. The program includes unlimited 1-on-1 coaching, personalized exercise therapy, and free tablet and wearable sensors.



Airrosti

Airrosti is a group of health care providers focusing on the treatment of musculoskeletal conditions. Whether you've been living with chronic and nagging pain for years or if you've recently experienced an acute injury, our providers help find the root of your pain to provide efficient, effective, and lasting relief in the vast majority of cases. The goal is to fix pain fast (typically within three visits based on patient-reported outcomes) — with no needles, surgery, or invasive procedures.



Carpal Tunnel Syndrome: What is it?

[Click Here to Learn](#)