

# Programs to Support your 2021 Wellness Goals

HR Healthy Reyes



**At the Reyes Family of Businesses, we are committed to helping you reach your wellness goals.**

This year whether you want to eat healthier, move more, quit smoking or all the above — we have **FREE** programs to help you achieve your New Year's resolutions! Small but steady steps in the right direction can wind up being a major turning point in your life.

if you are eligible for a Reyes Medical Plan\*, you are invited to participate in any of the below programs:

## Weight Watchers

The Weight Watchers Reimagined program is backed by science and tailored to your life. Lose weight and build healthy habits that make sense for you. You can get 50% off of the program along with an additional 50% reimbursement from us, based on participation, so that makes it **free** upon completion!

[Learn about joining Weight Watchers](#)



## Naturally Slim

Naturally Slim is an online program that helps you change *how* you eat instead of *what* you eat. Learn the skills to lose weight and keep it off forever while still eating your favorite foods. Click below to learn how to register for the next class starting February 15, 2021.

[Register for Naturally Slim](#)



## Quit For Life

Good things start to happen when you quit tobacco. This clinically-proven program offers a customized quit plan, 24/7 personal support and strategic tools to help you manage cravings.

[Decide to Quit For Life](#)



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*\*Medical Plan refers to Highmark Blue Cross Blue Shield (Highmark) and UnitedHealthcare (UHC). If you are part of a medical plan that does not fall under Highmark or UHC, please contact your provider directly to discuss your options.*

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