



Have your *steak* and lose weight too.

Learn how to lose weight and improve your health while eating the foods you love.

The Naturally Slim program has the secret to lasting weight loss and it doesn't include starving, counting calories or eating diet food. Air Medical Group Holdings is now offering you the chance to learn how to eat to reduce your chances of getting a serious disease, like diabetes or heart disease, and increase your chance at living a longer, healthier life — **at no cost to you.**

“Still eating what I want AND losing weight! In just 6 weeks, I’ve lost over 18 pounds and have had a great time doing it. I really enjoy the simple steps of just learning how and when to eat.”

– AMGH Naturally Slim Participant

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Air Medical Group
Holdings

Naturally Slim program is available to Air Medical Group Holdings employees, spouses and adult dependents.