



WEIGHTLOSS PROGRAM FROM WONDR HEALTH

Included **Free** with **Diamond, Platinum, Gold, Silver, Bronze & Cobalt** Health Plan Options

It's Not What You Eat, It's When & How You Eat It



HOW IT WORKS

- » No fasting, diet foods or calorie counting
- » Teaches how to lose weight & improve health
- » Reduces chances of diabetes or heart disease
- » Increases chances of living a longer, healthier life
- » Online program teaching people how to eat
- » No starving, counting calories, or eating diet food.



SCIENCE BASED & CLINICALLY PROVEN

Based in behavioral science, Wondr has helped hundreds of thousands of people learn clinically proven skills to improve their overall health, for good.

DIGITAL WEIGHT LOSS PROGRAM

A year-long, entirely digital program offers intriguing, on-demand master classes, like the science of eating pizza, as well as 24/7 support in the Wondr app and WondrLink community."

NOT A DIET

Wondr is a digital behavioral change program that teaches clinically proven weight management skills. A master class of sorts, with a renowned team of doctors and clinicians (which is why the "e" was left out of Wondr) teaches the behavioral science behind eating the foods you love while still losing weight and improving your overall physical and mental wellbeing.

No points or counting calories - you'll learn clinically - proven skills so that you can eat your favorite foods and still lose weight, get more physically fit, catch better ZZZs, and improve your overall health."

i **FREE PARTICIPATION**
 Call **800.468.5744**
 Visit **wondrhealth.com/opehw**

i **LEARN MORE**
 Scan **QR Code**
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