



# Experience the anti-diet.

## No points, counting calories, or restrictions.

Wondr™ offers you a digital weight loss program that doesn't require you to give up the foods you love. In fact, Wondr encourages you to enjoy Every. Single. Bite.

Our digital program, based in behavioral science, is available at **no cost** and will teach you the science of eating the foods you love while still losing weight. Plus, you'll have more energy, sleep better and feel stronger, all while reducing your risk of diabetes and heart disease.

- ⊗ No diets.
- ⊗ No restrictions.
- ⊗ No points.
- ✓ Just results.

### PROGRAM INFORMATION ELIGIBILITY

Wondr is available to employees, retirees or dependents enrolled in a HealthSelect plan (excluding Medicare-primary participants) who are 18 or older and have a BMI of 23 or higher.

### COST

Wondr is available at no cost to employees, retirees or dependents enrolled in a HealthSelect plan who meet the eligibility requirements listed above.

### COMPLETION REQUIREMENTS

To successfully complete the program, you must complete 8 of the WondrSkills classes.

Learn more & apply today at [wondrhealth.com/HealthSelect](https://wondrhealth.com/HealthSelect)