

WONDR HEALTH

WEIGHT-LOSS PROGRAM

FREE WITH **DIAMOND**, **PLATINUM**, **GOLD**, **SILVER** & **BRONZE** HEALTH PLAN OPTIONS



NO FASTING, DIET FOODS or CALORIE COUNTING

PARTICIPATE FOR **FREE**

- » VISIT www.wondrhealth.com/opehw.
- » CALL **800.313.5162**.

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.

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.

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.

COST EFFECTIVE

Wondr is offered through the OPEH&W Health Plan as a preventive care benefit, which means no out-of-pocket costs for you.

WHAT IT DOES

- » It's Not What You Eat, It's When & How You Eat.
- » Teaches How to Lose Weight & Improve Health.
- » Helps reduce the chances of getting diabetes or heart disease.
- » Increases the chances of living a longer, healthier life.
- » An online program that teaches people how to eat.
- » Doesn't include starving, counting calories, or eating diet food.