



# Expect skills, not rules.

Learn weight loss skills based  
on behavioral science.



**There's a reason fad diets and the rules that come with them don't work. Wondr™ offers a science-based digital weight loss program that teaches you lifelong skills on how to eat the foods you love, lose weight, and keep it off — at no cost to you.**

#### 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)