

Summer to-do list:

✓ Sign up for Wondr

✓ Drop the diet mindset

✓ Focus on fun

Have a ball this summer and lose weight with Wondr, a program that builds sustainable skills so you can achieve lasting results.

Harris Health is offering you access to Wondr™—a digital weight-loss program—available at no cost to you.* Wondr goes beyond diet fads to teach you science-based skills so you can enjoy your favorite summer foods and activities while improving your overall health.

Get started today.

Learn more at
wondrhealth.com/harrishealth

*Employees and spouses enrolled in the medical plan are eligible to apply to the program.

