



# No resolutions, just results.

Take the pressure off the New Year by joining the digital weight loss program built on behavioral science for results that last.

Block out the New Year diet trends with a program, offered by Harris Health, backed by science, and taught by renowned experts. Unlike most weight loss programs, Wondr takes a personalized approach that fits any lifestyle, leading to lasting results—at no cost to you.\*

**Apply today.**

Learn more at  
[wondrhealth.com/harrishealth](http://wondrhealth.com/harrishealth)

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



**wondr PARTICIPANT**  
**Bridget J.**