



# THIS YEAR, SAY YES TO YOU

with safe, supported weight loss  
that lasts.

New Year's resolutions are out. Lasting results are in. Healthy County invites you to join Wondr™ to build simple weight-loss habits today to feel your best for life.

## In just 5 minutes a day

(and with \$0 out-of-pocket costs), you'll learn proven skills to lose weight and gain energy, stress less and sleep more, reduce pain and increase confidence, all while eating the foods you love.

Learn more at [wondrhealth.com/healthycounty](https://wondrhealth.com/healthycounty)

Apply between 1/5/2026 - 1/18/2026.

The program begins 2/2/2026.

**LOSE**  
**10+ lbs**  
in the first 9 weeks\*

Advanced support  
for weight-related  
health conditions

Tasty recipes from  
the Wondr Kitchen

Personalized program

Rich resource  
library



## Lose Weight, Get Rewarded

As you move through the Wondr program, you'll earn points redeemable for cool rewards specially curated to help you reach your health goals.

\*Average Wondr participants weight loss in the first 9 weeks

\*Covered employees, spouses and dependents age 18 and over enrolled in the BCBSTX medical plan are eligible to apply to the program.



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