

# 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 REACH, backed by science, and taught by renowned experts. Whether you love pizza or salads, the gym or the couch—we've got your back. Unlike most weight loss programs, Wondr takes a personalized approach that fits any lifestyle, leading to lasting results—at no cost to you.\*

**We now have open enrollment for the Wondr program, so employee can sign up anytime during the year!**

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

Apply today!

\*Restrictions and eligibility info can be found at [wondrhealth.com/REACH](https://wondrhealth.com/REACH)

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

