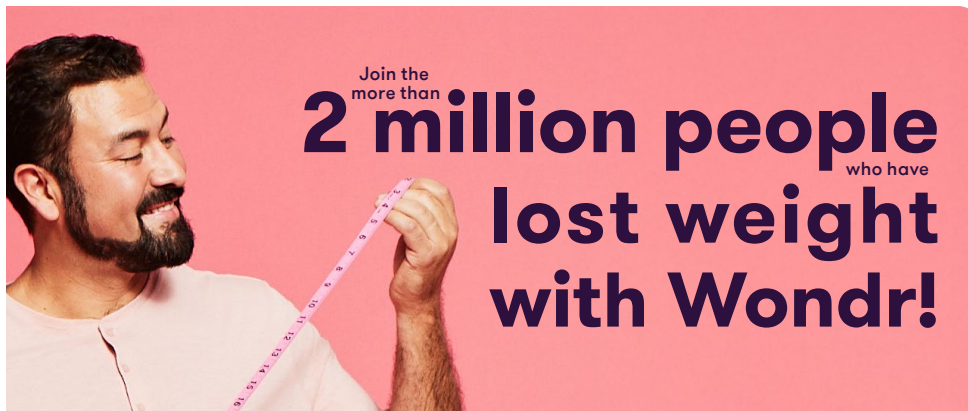


**\$0** COST  
to you\*

# Better health begins with weight

Safe, supported weight loss that lasts.



## Science-backed skills

Clinically proven to deliver safe, long-term weight loss through behavior change alone.

## The anti-diet

Trade calorie counting and empty diet fads for practical, proven strategies that work with your life, not against it.

## Whole health support

Delicious and nutritious recipes, affordable meal plans, and support for weight-related conditions like diabetes, heart disease and more.

## A personalized program experience

Based on your unique needs, we'll tailor your experience through customized lessons, specialized content, and 1-on-1 support.

Get started at [wondrhealth.com/HFSinclair](https://wondrhealth.com/HFSinclair)

## Learn and earn with Wondr Rewards

Watch your videos, practice your skills and earn points toward cool stuff to support your journey like ear buds, blenders, bento boxes, and so much more.

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

