

# Clinically-proven weight loss without counting calories

Now you can lose weight, gain energy, sleep better, and improve your mind and body—all while eating your favorite foods.

Healthy County has partnered with Wondr Health™ to help you improve your health at no cost to you.\*

Go to [wondrhealth.com/healthycounty](https://wondrhealth.com/healthycounty)



## What is Wondr?

**No points, plans, or counting calories.**  
Forget eating kale salads 24/7; Wondr is a

skills-based digital weight loss program that teaches you how to enjoy the foods you love to improve your overall health. Our behavioral science-based program was created by a team of doctors and clinicians (which is why we left out the “e” in Wondr) and is clinically proven for lasting results.

Healthy County is offering this benefit to employees and adult dependents enrolled in the county medical plan at no cost to employees.

### LET'S TALK RESULTS

**In as little as 10 weeks:**

**84%** 

**61%** 

**68%** 

**62%** 

**85%** 

**57%** 

LOST WEIGHT

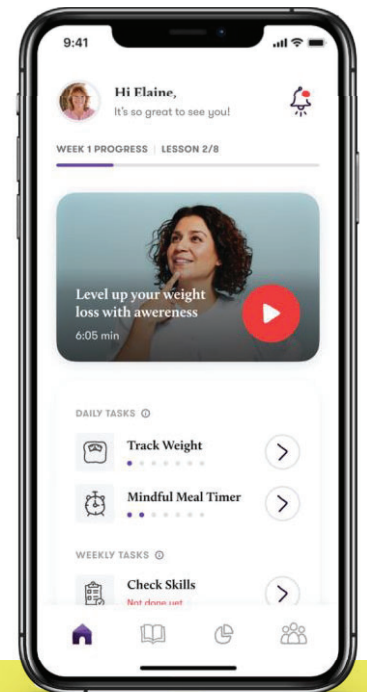
HAVE MORE ENERGY

ARE MORE PHYSICALLY ACTIVE

FEEL MORE CONFIDENT

FEEL MORE IN CONTROL OF THEIR WEIGHT

FEEL THEIR MOOD HAS IMPROVED



Questions? Visit [support.wondrhealth.com](https://support.wondrhealth.com)

\*Based on Wondr Health Book of Business

### 2024 Series Schedule

	Winter	Spring	Fall
Apply	Jan. 8 – 21	Apr. 8 - 21	Aug. 19 – Sep.1
Week 1 Starts	Feb. 5	May 6	Sep. 16



TEXAS ASSOCIATION of COUNTIES  
HEALTH AND EMPLOYEE BENEFITS POOL