

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



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.

Questions? Visit support.wondrhealth.com

LET'S TALK RESULTS


In as little as 10 weeks:

84% 
LOST WEIGHT

61% 
HAVE MORE ENERGY

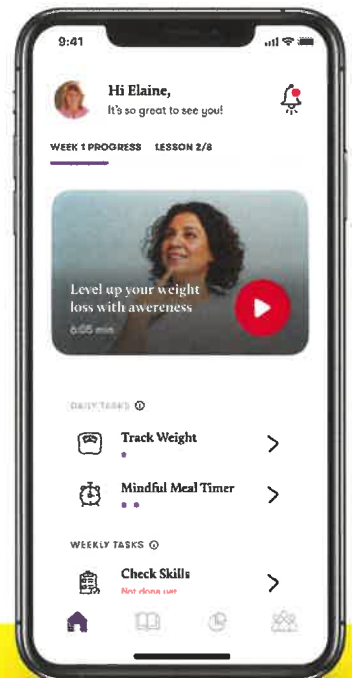
68% 
ARE MORE PHYSICALLY ACTIVE

62% 
FEEL MORE CONFIDENT

85% 
FEEL MORE IN CONTROL OF THEIR WEIGHT

57% 
FEEL THEIR MOOD HAS IMPROVED

*Based on Wondr Health Book of Business



2022 Class Schedule

Class 1

Enrollment opens Jan. 3 - 16

Program starts Jan. 31

Class 2

Enrollment opens Apr. 4 - 17

Program starts May 2

Class 3

Enrollment opens Aug. 15 - 28

Program starts Sept. 12



TEXAS ASSOCIATION OF COUNTIES
HEALTH AND EMPLOYEE BENEFITS POOL