

Weight loss isn't one-size-fits-all

Meet Wondr, the weight-loss
program that fits you.

Wondr is a skills-based digital
weight-loss program that teaches
you the skills to:

- ✓ Lose weight
- ✓ Increase your energy
- ✓ Improve your sleep

and be your healthiest self—
while eating the foods you
love. Our program is based on
behavioral science and takes a
personalized approach that fits
into your life—at no cost to you.*



Get started today at wondrhealth.com/cpchem



Science-backed video lessons

Every week, experts in diet, exercise, sleep, stress, and more, will teach you behavior-change skills to feel better and live stronger, for life.



Exclusive rewards

Celebrate progress toward your health goals with rewards like exclusive recipes and meal plans to help keep you accountable along the way.



Content tailored to YOU

Based on your health profile, we serve up relevant, bite-sized content from our library, that addresses your unique challenges and goals.



A supportive community

WondrLink is our online community, where our coaches are ready to support and encourage you every step of the way. Plus, you can share and gain tips and tricks from participants like you.