

# The science of enjoying bacon and eggs.



**Finally, a skills-based digital weight loss program  
where you can eat what you love and still lose  
weight—at no cost to you.\***

FirstCare Health Plans is offering you Wondr™—a digital weight loss program that teaches the science of health and nutrition, so you can enjoy the foods you love. No counting calories. No restrictions. No guilt. So, go ahead, eat the bacon and eggs and savor Every. Last. Bite.

Give us three weeks to show you that our simple clinically proven skills can change your life. In exchange, we'll send you our signature Wondr water bottle!

**Enrollment is open!**

**Learn more and apply at [wondrhealth.com/firstcare](https://wondrhealth.com/firstcare)**

\*Employees, spouses, and adult dependents (ages 18 and older) on the FirstCare Health Plans are eligible to apply.