



# Expect skills, not rules.

**Learn weight-loss skills based on  
behavioral science.**

There's a reason fad diets and the rules that come with them don't work. The State of Maine Health Plan is offering Wondr™, a science-based digital weight-loss program that teaches you lifelong skills on how to eat the foods you love, lose weight, and keep it off—at no cost to you.\*



**No points, plans, or restrictions—our team of renowned doctors and experts will flip what you know about diets upside down and teach you science-based skills behind lasting results.**

12790 Merit Drive, Building 9, Suite 700  
Dallas, TX 75251

**Space is limited.**

**Learn more** →

Or visit [do.wondrhealth.com/Maine](https://do.wondrhealth.com/Maine)



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Sign up between 1/29/2024 - 2/12/2024.

The program begins 2/19/2024.

\*Restrictions and eligibility info can be found at  
[do.wondrhealth.com/Maine](https://do.wondrhealth.com/Maine)

