

Eat your BBQ... and manage your weight, too.

Finally, a skills-based digital wellness program that allows you to manage weight while still eating the foods you love – available at no cost to you.*

CU Health Plan is offering you a digital wellness program that teaches the science of health and nutrition, so you can enjoy your favorite foods this grill season (and beyond) and still lose weight. No counting calories. No restrictions. No guilt.

Space is limited.

Learn more at
wondrhealth.com/CU

Apply between
July 11-24, 2022.

The program begins August 8, 2022.

*Restrictions and eligibility info can be found at
wondrhealth.com/CU

