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Do Apps That Pay You to Lose Weight Really Work?

By [Dan Stahl](#) | September 26, 2019



They say there's no such thing as a free lunch. But what about a [healthy lunch](#) you get paid to eat? That's more or less the premise of weight-loss apps like [DietBet](#) and [HealthyWage](#). Users place bets on losing X pounds in Y months, and those who achieve their goal win money or at least, don't lose money.



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