Clinically-proven weight loss without counting calories

Now you can lose weight, gain energy, sleep better, and improve your mind and body—all while eating your favorite foods.

Your employer has partnered with Wondr Health™ to help you improve your health at no cost to you.

Go to wondrhealth.com/BCBSIL

What is Wondr?

No points, plans, or counting calories
Forget eating kale salads 24/7; Wondr is a skills-based digital weight loss program that teaches you how to enjoy the foods you love to improve your overall health. Our behavioral science-based program was created by a team of doctors and clinicians (which is why we left out the "e" in Won**dr**) and is clinically-proven for lasting results.

LET'S TALK RESULTS

In as little as 10 weeks:

84% LOST WEIGHT	**62%** FEEL MORE CONFIDENT	**61%** HAVE MORE ENERGY
68% ARE MORE PHYSICALLY ACTIVE	**85%** FEEL MORE IN CONTROL OF THEIR WEIGHT	**57%** FEEL THEIR MOOD HAS IMPROVED

*Based on Wondr Health Book of Business

wondr | FORMERLY NATURALLY SLIM

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What to expect

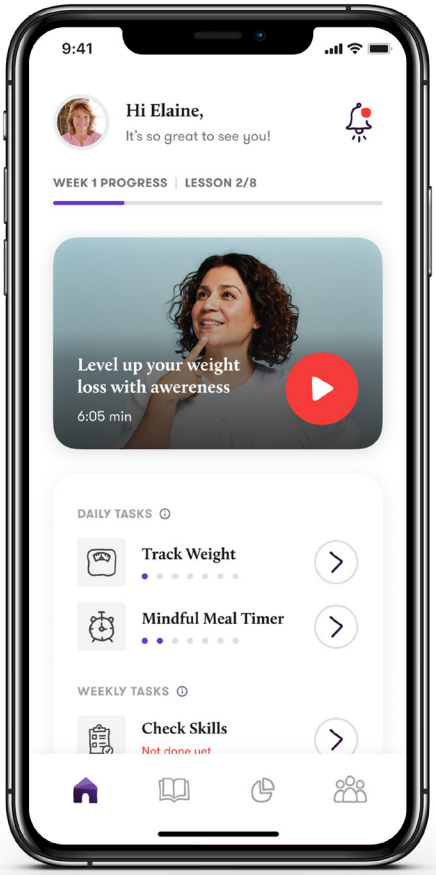
Learn more or apply at wondrhealth.com/BCBSIL. Application period not open yet? Join our waitlist.

You'll receive a Welcome Kit to kick off the program after your application's been accepted.

Sign in online or on our mobile app (available on App Store and Google Play) to access weekly video lessons and our mindful eating tools.

Watch our weekly master classes. On your start date, you can sign in to view your Week 1 videos and start your journey to better overall health.

Learn life-changing skills during the program's first phase—WondrSkills™, then move to the skill reinforcement phase—WondrUp™, and keep the momentum going in the skill maintenance phase—WondrLast™.



GET IT ON Google Play

Download on the App Store

Questions? Visit support.wondrhealth.com.

"I love the whole idea of the psychology of things. I like to look in the why's and how it works. You can eat whatever you want. You just need to retrain your brain into thinking about how you need to eat your food."

—Brad M.
WONDR PARTICIPANT

LOST **70** lbs | GAINED Confidence

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