

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.

State of Illinois is offering you Wondr™ to help improve your health at no cost to you.*

To learn more, visit:

wondrhealth.com/stateofillinois



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 Wondr) and is clinically proven for lasting results.

*Employees, spouses and covered dependents over age 18 enrolled in the BCBSIL medical plan are eligible to apply to the program.

Questions? Visit support.wondrhealth.com

LET'S TALK RESULTS

In as little as 12 weeks:

84%



LOST
WEIGHT

65%



FEEL MORE
CONFIDENT

64%



HAVE MORE
ENERGY

85%



FEEL MORE
IN CONTROL OF
THEIR WEIGHT

68%



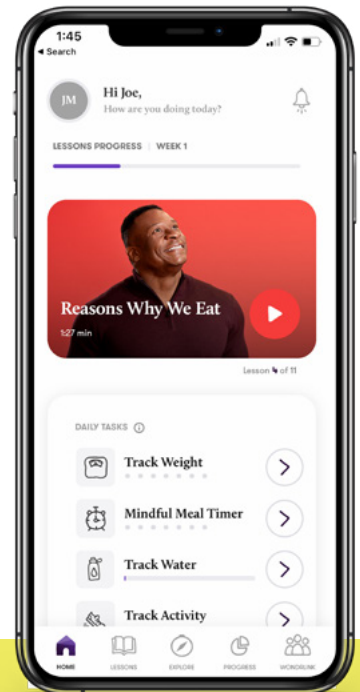
ARE MORE
PHYSICALLY
ACTIVE

61%



FEEL THEY
STRESS LESS

*Based on Wondr Health Book of Business



“As I got into the psychology behind it, the health coaches, the doctors, the nutritionists, all of it just started clicking with me. Wondr gave me the knowledge of what it takes to change my life. It’s why we eat, how we eat, not just what we eat.”

—Gail M.
WONDR PARTICIPANT

LOST
35 lbs

GAINED
Confidence

