



Are you ready to get healthy?

Are you ready to change the way you think about food and weight loss?

Are you ready to see results? Then you're ready for Wondr.

Wondr is not a diet – it's a clinically proven weight management and lifestyle change program.

Reimagine how you eat, not what you eat, so you can improve your physical and mental health while still enjoying the foods you love.

You'll create new habits that can lead to less stress, better sleep and great overall health.

#### **How Wondr works**

Take part in weekly online lessons and videos. Complete the weekly lessons at your own pace, when it's convenient for you, in the comfort of your own home.

Along the way you'll get support from health coaches and encouragement from an online community of participants.

Best of all, Wondr is available at no cost to you as part of your Blue Cross of Idaho health benefits.

**READY TO SIGN UP?**

Visit [wondrhealth.com/bc Idaho](https://wondrhealth.com/bc Idaho) to learn more and enroll. Space is limited.