

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.

Austin College is offering you Wondr™ to help you improve your health at no cost to you.* Plus, now offering Wondr Advanced, built on Wondr, which adds care from health professionals and possible weight loss medications.

To learn more, visit:
www.wondrhealth.com/AustinCollege



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 BCBSTX medical plan are eligible to apply to the program. *To enroll in Wondr Advanced, you must be active in Wondr and meet the qualification criteria. If you are qualified, you will receive separate communications to enroll in Wondr Advanced.

LET'S TALK RESULTS

In as little as 12 weeks:



84%



LOST WEIGHT

65%



FEEL MORE CONFIDENT

64%



HAVE MORE ENERGY

68%



ARE MORE PHYSICALLY ACTIVE

85%



FEEL MORE IN CONTROL OF THEIR WEIGHT

61%



FEEL THEY STRESS LESS

*Based on Wondr Health Book of Business



What to expect



Learn more or apply at wondrhealth.com/AustinCollege



There is a **Welcome Kit** with resources to motivate you and kickstart your program.



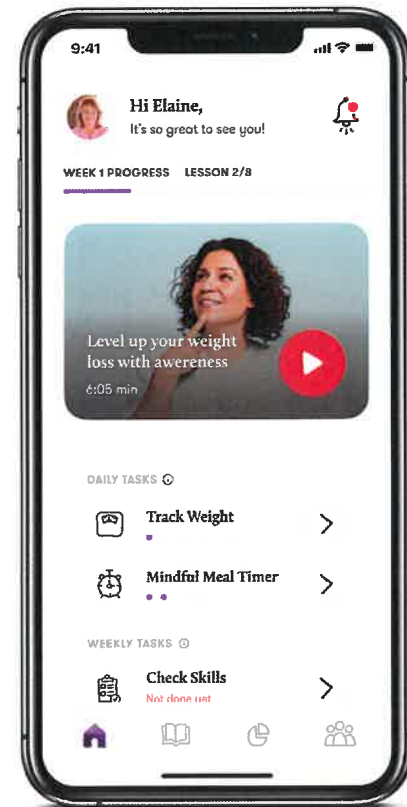
Sign in online or on our mobile app (available on App Store and Google Play) to access weekly video lessons and our mindful eating tools.



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™.



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

