

# 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.

The Aspen Group is offering you Wondr™ to help improve your health at no cost to you.\*

To learn more, visit:

[wondrhealth.com/teamtag](https://wondrhealth.com/teamtag)



## 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 age 18 and over enrolled in the BCBSIL medical plan are eligible to apply to the program.

### 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

# What to expect



**Learn more or apply at [wondrhealth.com/teamtag](https://wondrhealth.com/teamtag)**

Application period not open yet? Join our waitlist.



**A welcome experience** personalized with resources to motivate you and kick-start your health journey.



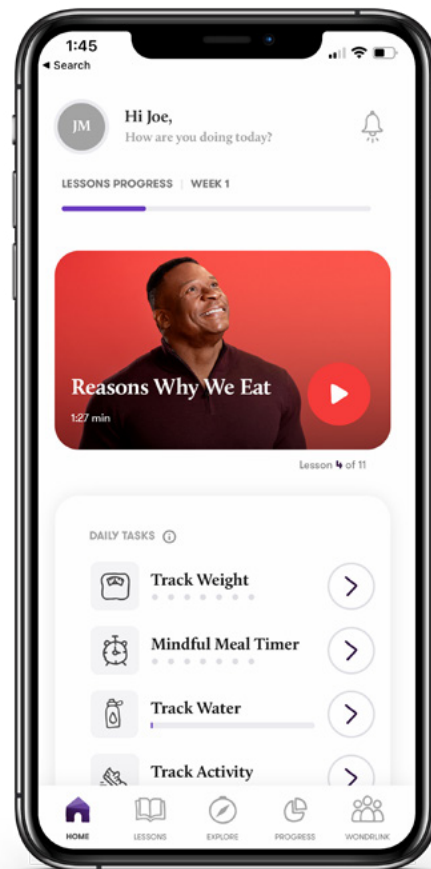
**Sign in online or on our mobile app** (available on the App Store and Google Play) to access weekly video lessons and our mindful eating tools.



**Watch our weekly master classes.** On your start date, you can sign in to view your Week 1 videos.



**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](https://support.wondrhealth.com)



**“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