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/BCBSNM

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.

*To learn more and join the waitlist, visit: wondrhealth.com/BCBSNM

Questions? Visit support.wondrhealth.com

LET'S TALK RESULTS
In as little as 10 weeks:

84%
LOST WEIGHT

62%
FEEL MORE CONFIDENT

61%
HAVE MORE ENERGY

85%
FEEL MORE IN CONTROL OF THEIR WEIGHT

68%
ARE MORE PHYSICALLY ACTIVE

57%
FEEL THEIR MOOD HAS IMPROVED

*Based on Wondr Health Book of Business

9:41

Hi Elaine,
It's so great to see you!

WEEK 1 PROGRESS | LESSON 2/8

Level up your weight loss with awereness
6:05 min

DAILY TASKS
Track Weight
Mindful Meal Timer

WEEKLY TASKS
Check Skills
Not done yet
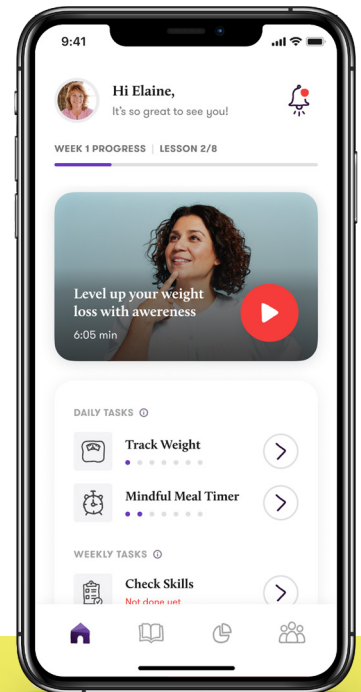
"I love the whole idea of the psychology of things. I like to look in the why's and how it works. You can eat whatever you want. You just need to retrain your brain into thinking about how you need to eat your food."

—Brad M.
WONDR PARTICIPANT

LOST
70 lbs

GAINED
Confidence

GET IT ON
Google Play

Download on the
App Store

wondr
FORMERLY NATURALLY SLIM