

Wondr is a skills-based digital weight loss program where you can eat what you love and still lose weight at no cost to you!

Wondr is clinically proven to help you lose weight, sleep better, stress less, and so much more. We'll teach you simple skills that are based on behavioral science.

WHAT IS WONDR?

Not a diet. No points, plans, or restrictions. You'll learn how to eat your favorite foods to lose weight, sleep better, stress less, and live longer.

Digital weight loss program. Our entirely digital program offers intriguing, ondemand master classes like the science of eating pizza, as well as nonstop support in our Wondr app and community.

Science-based and clinically proven.

Born from behavioral science, Wondr has helped hundreds of thousands of people learn clinically-proven skills to improve their overall health for good.



Space is limited!

Sign up now to save your spot for the upcoming session. Visit www.wondrhealth.com/LGHIP or scan the QR code today to learn more!

Subscribers and spouses enrolled in the LGHIP (BCBS 30000) are eligible to apply. See website for additional considerations.
The information provided by Wondr a and/or the LGHIB as part of the Wondr materials and through the service, is for general informational purposes only. None of the Wondr or LGHIB materials should be considered medical advice or an endorsement, representation or warranty that any particular medication or treatment is safe, appropriate, or effective for you. The testimonials provided are individual experiences, reflecting real life experiences. However, they are individual results and results do vary. We do not claim that they are typical results that consumers will generally achieve. The testimonials are not necessarily representative of all of those who will use the products and/or services. Always consult with a physician or other healthcare professional before starting any diet, exercise or weight loss program.

