

# 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.

Glenview Public School District 34 has partnered with Wondr Health™ to help you improve your health at no cost to you.\*

Go to [wondrhealth.com/glenview34](https://wondrhealth.com/glenview34)



## 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.

Questions? Visit [support.wondrhealth.com](https://support.wondrhealth.com)

## LET'S TALK RESULTS


### In as little as 10 weeks:

**84%**   
LOST WEIGHT

**61%**   
HAVE MORE ENERGY

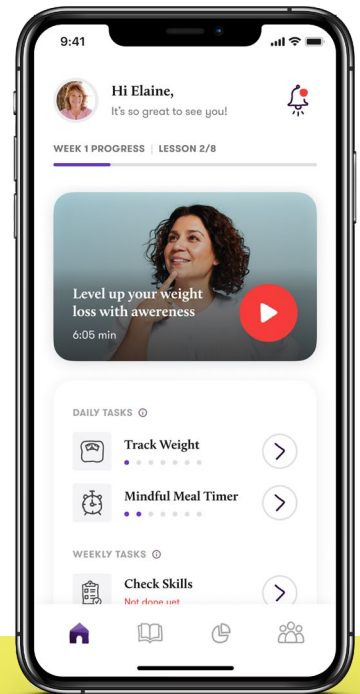
**68%**   
ARE MORE PHYSICALLY ACTIVE

**62%**   
FEEL MORE CONFIDENT

**85%**   
FEEL MORE IN CONTROL OF THEIR WEIGHT

**57%**   
FEEL THEIR MOOD HAS IMPROVED

\*Based on Wondr Health Book of Business



**“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

