

# Ever wonder what it would be like to lose weight and have more energy?

Wondr™ is a skills-based digital weight-loss program offered by At Home—at no cost to you\*—that has helped hundreds of thousands of people in different stages of health:

- Lose weight
- Feel their best mentally and physically
- Use practical, clinically proven health skills that become life skills

Get started today.

Learn more at [wondrhealth.com/athome](https://wondrhealth.com/athome)

\*Employees, spouses and covered dependents age 18 and over enrolled in the BCBSTX medical plan are eligible to apply to the program.

**Chaz N.**  
Education Coordinator

Lost 77 lbs  
Gained Energy



BEFORE

