



Ever wonder what it would be like to lose weight and feel less anxious?

Wondr™ is a skills-based digital weight loss program offered by Baylor Scott & White Health Plan – at no cost to you* – that has helped hundreds of thousands of people in different stages of health.

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

Brad M.
Aircraft Mechanic

Lost 70 lbs
Gained Less anxiety

Space is limited.

Learn more at
wondrhealth.com/bswhealthplan

Apply between December 5-18, 2022.
The program begins on January 9, 2023.

*Employees, spouses and adult dependents (ages 18 and older) with coverage through Baylor Scott & White Health Plan are eligible to apply.



BEFORE

