

# 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.

Donnelley Financial is offering you Wondr™ to help improve your health at no cost to you.\*

To learn more, visit:

[wondrhealth.com/dfinsolutions](https://wondrhealth.com/dfinsolutions)



## 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 12 weeks:

**84%** 

LOST  
WEIGHT

**64%** 

HAVE MORE  
ENERGY

**68%** 

ARE MORE  
PHYSICALLY  
ACTIVE

**65%** 

FEEL MORE  
CONFIDENT

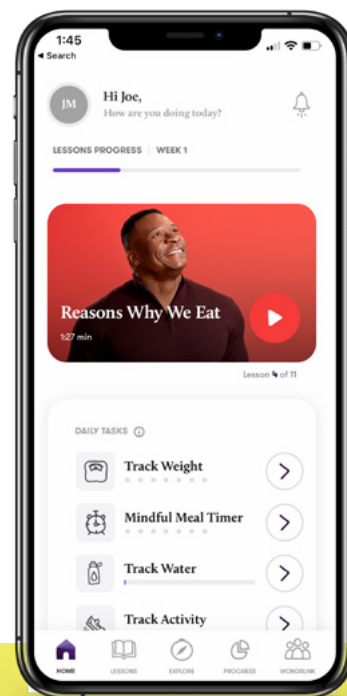
**85%** 

FEEL MORE  
IN CONTROL OF  
THEIR WEIGHT

**61%** 

FEEL THEY  
STRESS LESS

\*Based on Wondr Health Book of Business



**“As I got into the psychology behind it, the health coaches, the doctors, the nutritionists, all of it just started clicking with me. Wondr gave me the knowledge of what it takes to change my life. It’s why we eat, how we eat, not just what we eat.”**

**—Gail M.**  
WONDR PARTICIPANT

LOST  
**35** lbs

GAINED  
Confidence

