

The science of enjoying bacon and eggs.



Finally, a skills-based digital weight loss program where you can eat what you love and still lose weight—at no cost to you.*

UT Benefits is offering Wondr™—a digital weight loss program that teaches the science of health and nutrition, so you can enjoy the foods you love. No counting calories. No restrictions. No guilt. So, go ahead, eat the bacon and eggs and savor Every. Last. Bite.

Space is limited.

Learn more at wondrhealth.com/LivingWell

Apply between 8/28/2023 - 9/10/2023.

The program begins 9/25/2023.

*The Wondr program is available to all UT SELECT and UT CARE Medical Plan members age 18 and above, including employees, retirees, spouses and dependents who have not started a class within the last 12 months.