

Ever wonder what it would be like to eat healthier and have more energy?

Wondr™ is a skills-based digital weight loss program offered by UT Benefits—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

Space is limited.

Learn more at wondrhealth.com/LivingWell

Apply between 1/8/2024 - 1/21/2024.

The program begins on 2/5/2024.

*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.

Jan G.
Clinical Research
Coordinator

Lost 33 lbs
Gained Energy

