Weight loss support services from Wondr Health™

As an Independence Blue Cross member, you have access to Wondr Health (Wondr), a digital behavioral counseling program for weight management and diabetes prevention. This service is available to you and your family at no additional cost.

How Wondr works

Wondr meets you where you are and helps you develop a healthier relationship with food and build skills to make smarter decisions. The tools you will learn will allow you to enjoy your favorite foods while still helping you lose weight, sleep better, gain energy, and reduce chronic disease.

Three stages of Wondr

This 52-week program is fully digital and accommodates any schedule, whether at home or on the go. Experience Wondr in three stages:

1. **WONDRSKILLS™**
   Learn simple, repeatable skills through weekly master classes.
2. **WONDRUP™**
   Reinforce and practice skills through the weekly personalized master classes.
3. **WONDRLAST™**
   Maintain progress with customizable master classes that keep the weight off and many other benefits.

Scan the QR code or visit **wondrhealth.com/IBX** to register for Wondr and begin your journey.

Additional features include:

- Welcome kit includes tools and encouragement
- Mobile app for on-the-go access and 24/7 support
- Weekly on-demand master classes from our expert team of instructors
- Communication through tailored emails, text messages, and daily nudges to keep engagement high
- On-call health coaches to connect with in real time
- Social support through the WondrLink™ online community and WondrBlog for other relevant resources

Wondr participants see results

84% LOST WEIGHT[1]
50% REVERSED HIGH BLOOD PRESSURE[1]
10.6 POUNDS OF AVERAGE WEIGHT LOSS[2]

1 Journal of Occupational and Environmental Medicine (2016)
2 Journal of Metabolic Syndrome and Related Disorders (2015)

Wondr Health is an independent company.

Independence Blue Cross offers products through its subsidiaries Independence Assurance Company, Independence Hospital Indemnity Plan, Keystone Health Plan East, and QCC Insurance Company — independent licensees of the Blue Cross and Blue Shield Association.

Independence | wondr HEALTH™ FORMERLY NATURALLY SLIM

IBX

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FULLY INSURED