



Wondr Health

AgriLife Employee Wellness in collaboration with **Texas A&M System Benefits** and **Wondr Health** invites eligible employees and their eligible dependents to participate in the Wondr Health weight loss program. Wondr is a 100% digital weight loss program that will teach clinically-proven skills through weekly master classes. Learn how to eat your favorite foods and still lose weight, increase your energy, stress less, and so much more. Wondr is not a diet—it's a program that works for everyone without points, plans, or calories to count.

There is no cost to use the program. In order to participate in Wondr, you must be an employee, spouse, retiree, or dependent who is 18 years or older enrolled in the A&M Care, 65 Plus and/or J plan. The program is billed as a preventive medical claim under Blue Cross Blue Shield of Texas and is covered at 100%. For best results, please complete 8 of the WondrSkills classes.

To earn incentive credit for Wondr, participants must complete 5 sessions between the current activity plan year, 09/01/2021 - 08/31/2022.

The Wondr Health application period opens on January 10, 2022. Eligible participants will receive an email invitation from Wondr Health on January 13 and January 17, 2022. The program begins on February 7, 2022.

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 The Texas A&M University System— 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/TAMUS2022.

Apply between 1/10/2022 - 1/23/2022.

The program begins on 2/7/2022.

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Brad M.
Aircraft Mechanic

Lost 70 lbs
Gained Less anxiety



BEFORE





For questions, please contact: *Texas A&M AgriLife Employee Wellness Committee* | AgriLifeWellness@aq.tamu.edu | p. 979-845-2423

Check out the [AgriLife Employee Wellness webpage](#) for upcoming events and resources

Note: Please do not reply to this email, as this email address does not accept reply messages.