

Ever wonder what it would be like to lose weight and feel more confident?

Wondr™ is a skills-based digital weight-loss program offered by OSU/A&M 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

Get started today.

Learn more at
wondrhealth.com/OSU.

*Employees and spouses enrolled in the medical plan are eligible to apply to the program.

BEFORE



Bridget J.
Flight Attendant

Lost 30 lbs
Gained Confidence

