



In just 10 weeks...

Eat the foods you love, lose weight, and lower stress.

A lot can happen in 10 weeks. Blue Cross and Blue Shield of Illinois is offering Wondr™, a digital weight loss program where you can eat your favorite foods and still lose weight. By learning science-based behavioral skills, you can finally feel like you have control— at no cost to you.*

Apply today.

Learn more at
wondrhealth.com/EBC

*Employees, spouses and covered dependents age 18 and over enrolled in the BCBSIL medical plan are eligible to apply to the program.



Lauren L.
Working
Parent

Lost 20 lbs
Gained
Self-acceptance