

# 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 Teachers Health Trust—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/THT](https://wondrhealth.com/THT).

\*Restrictions and eligibility info can be found at [wondrhealth.com/THT](https://wondrhealth.com/THT)

**Bridget J.**  
Flight Attendant

**Lost** 30 lbs  
**Gained** Confidence

**BEFORE**

