



# Summer to-do list:

Sign up for Wondr

Drop the diet mindset

Focus on fun

**Have a ball this summer and lose weight with Wondr, a program that builds sustainable skills so you can achieve lasting results.**

New Mexico Public Schools Insurance Authority is offering you access to Wondr™—a digital weight-loss program—available at no cost to you.\* Wondr goes beyond diet fads to teach you science-based skills so you can enjoy your favorite summer foods and activities while improving your overall health.

**Space is limited.**

**Learn more at  
[wondrhealth.com/NMPSIA](https://wondrhealth.com/NMPSIA)**

Apply between 8/12/2024–8/25/2024.  
The program begins 9/9/2024.

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

