



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**

Apply between 8/12/2024–9/1/2024.
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.

