

# Make your **NEW YEAR** Wonderful

Start your year off right with Wondr™—a digital weight-loss program offered by New Mexico Public Schools Insurance Authority at no cost to you.\*

You'll master science-backed strategies to feel energized, stress less, and sleep better. No fads, no drastic diets—just practical skills that let you enjoy every season's flavors and festivities all year round.

**Get started today at**

[wondrhealth.com/NMPSIA](https://wondrhealth.com/NMPSIA)

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

