

Expect skills, not rules.

Learn weight loss skills
based on behavioral science.

UT Austin Employee
& Wondr Participant

Chaz N.

Lost 77 lbs
Gained Endurance

BEFORE



There's a reason fad diets and the rules that come with them don't work. UT Benefits is offering a science-based digital weight loss program that teaches you lifelong skills on how to eat the foods you love, lose weight, and keep it off — at no cost to you.*

“

I also noticed some differences in my attitude and my mood, just in general. I was a lot more confident. Just generally happier.”

Space is limited.

Learn more at wondrhealth.com/LivingWell.

Apply between 6/13/2022 - 6/26/2022.

The program begins on 7/11/2022.

*Restrictions and eligibility info can be found at wondrhealth.com/LivingWell.