



# 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.**

PEEHIP 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/PEEHIP](https://wondrhealth.com/PEEHIP)**

Apply between 4/14/2025–4/28/2025.  
The program begins 5/5/2025.

\*Subscribers and spouses enrolled in the PEEHIP Hospital Medical Plan administered by Blue Cross and Blue Shield of Alabama are eligible to apply but are not required to participate.

