



NORTHWEST
MISSOURI STATE UNIVERSITY

No resolutions, just results.

Take the pressure off the New Year by joining the digital weight-loss program built on behavioral science for results that last.



Joe R.
wondr PARTICIPANT

Block out New Year's diet trends with Wondr™, a program that's backed by science, taught by renowned experts, and offered at no cost to you* by Northwest Missouri State University. Unlike most weight-loss programs, Wondr takes a personalized approach that fits any lifestyle, leading to lasting results.

Get started today.

Learn more at wondrhealth.com/NWMSU

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