



A benefit of
Mississippi's State and School
Employees' Health Insurance Plan



Expect skills, not rules.

Learn weight-loss skills based on
behavioral science.

There's a reason fad diets and the rules that come with them don't work. Mississippi's State and School Employees' Health Insurance Plan is offering Wondr™, 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.*

Space is limited.

Learn more at wondrhealth.com/mississippi

Sign up between 5/13/2024 - 5/27/2024.

The program begins on 6/3/2024.

*The Wondr program is offered at NO COST to Plan participants 18 years of age and older, provided Mississippi's State and School Employees' Health Insurance Plan is your primary insurance coverage. This includes employees, covered spouses, and covered adult dependents.