

Wondr works wonders.

The secret sauce to help you reduce stress and anxiety, feel better, get more sleep, and increase confidence.

Illinois Institute of Technology is offering you Wondr™, a digital, behavioral science-based program—at no cost to you.* Learn clinically proven skills that easily fit into your life for long-lasting, real results with a program that is built around YOU—not the other way around.

Get started today.

Learn more at
wondrhealth.com/IIT

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

