

# Wondr for Weight Loss & Well-Being

Clinically proven behavior change solution treats the root cause of chronic metabolic conditions to improve quality of life and health outcomes while reducing costs.

Obesity is a leading cause of preventable, high-cost chronic conditions and death in the U.S. It is also commonly associated with poor mental health and a reduced quality of life.

**74%**<sup>1</sup>

Of U.S. adults are overweight or obese

**2x**<sup>2</sup>

Individuals with obesity cost organizations twice as much as individuals at a healthy weight

Wondr helps organizations address weight and the chronic conditions and costs associated with it.

## The three stages of Wondr

Our personalized, virtual-first solution is built in three simple stages for results that last.

### WONDRSKILLS<sup>TM</sup>

- Learn simple, repeatable skills through weekly classes delivered via short videos with inclusive content.

### WONDRUP<sup>TM</sup>

- Reinforce and practice skills through weekly personalized videos and content.

### WONDRLAST<sup>TM</sup>

- Maintain progress with lessons and Wondr coach tips to manage travel, holidays, and seasonal challenges.

## Results you can count on

Born in the benefits space, we understand how to drive the biggest clinical, cultural, and financial health impact.



**10.6 lbs**<sup>3</sup>

Average number of pounds participants lose in the first 9 weeks



**61%**<sup>4</sup>

of participants experience reduced stress



**39%**<sup>5</sup>

have less musculoskeletal pain



**33%**<sup>5</sup>

of participants experience better sleep



**64%**<sup>5</sup>

of participants feel more energetic



**63%**<sup>5</sup>

of participants experience improved mood



**65%**<sup>5</sup>

of participants feel more confident



**2.1x**<sup>6</sup>

third-party validated ROI

# Wondr checks all the boxes

Our easy-to-implement solutions scale and integrate with other points of care with flexible billing options, including as a medical claim under preventive care.

## PROGRAM BENEFITS



- ✓ Clinically proven results
- ✓ Improves whole health through weight management
- ✓ Future claims cost reduction with a 2.1x ROI in plan year
- ✓ Highly personalized to bring better health to all cultures and backgrounds
- ✓ Stress-free implementation
- ✓ Available through claims billing
- ✓ A benefit your people value and will actually use
- ✓ A healthier, more connected workforce

## PROGRAM FEATURES



- ✓ Integrated skill-building programs and content for weight management, mental well-being (stress and anxiety), sleep, and movement
- ✓ Weekly classes delivered via short videos with inclusive content
- ✓ Baseline and ongoing assessments to continuously personalize the experience
- ✓ Tailored emails, text messages, and app notifications increase engagement
- ✓ Expert behavioral coaching, online Wondr community, tools, and resources provide ongoing engagement and support
- ✓ Goals, pledges, and progress tracking
- ✓ Custom marketing and reporting

## Real results for real people—like Chaz



**“Sometimes you do things out of habit, or just mindlessly, without much thought. This program really helped me to look at it a different way. To look at it as a behavior to modify. So for me, it was just about changing my relationship with food.”**

**Chaz N.**  
GRAD PROGRAM COORDINATOR

## WondrStories

“Wondr has not only been a program that piques our members’ interest with their common sense approach to health, but it keeps [it] through engaging curriculum. The program yields strong habits for sustainable outcomes.”

**Sara Correnti**

Manager, Health & Welfare (Member Wellness Products),  
Concordia Plans



**Visit us at [wondrhealth.com](https://wondrhealth.com)**

Source: 1. CDC 2. National Center for Biotechnology Information 3. Metabolic Syndrome and Related Disorders (2015). 4. Wondr eM Life Book of Business 5. BMC Public Health Journal (2022) 6. Wondr ROI as validated by a third-party claims analysis performed by a leading multi-state health plan