



The ROI of Wondr for weight loss, prevention, & whole-person health

Third-party claims analysis performed by a leading multi-state health plan demonstrates the ROI of Wondr—a digital, science-backed program for behavioral and lifestyle change—to be **4.6x**.

THE ROI OF WELLNESS

The ROI of wellness has historically been hard to measure, especially when already stretched-thin HR teams have limited data and even more limited time.

A large multi-state health plan with over 23 million covered lives wanted to be sure implementing Wondr delivered significant ROI. **So, they followed self-insured group health plan members for 28 months to track them before, during, and after the program.**

OUTCOME OF THE STUDY

The study revealed the effectiveness of Wondr on allowed medical cost savings when compared to a control group of members with no Wondr intervention and similar BMI.

Net savings were statistically significant—\$1,154 per engaged member per year.



WONDR OUTCOMES

Seven peer-reviewed published studies demonstrate clinically significant weight loss, reversal of metabolic syndrome and high blood pressure, and improvements in quality of life across participants of all ages and education levels.

Wondr treats the root cause of the most prevalent and expensive weight-related chronic conditions to improve quality of life and health outcomes while reducing costs.

HOW WONDR WORKS

Wondr is an evidence-based, digital skill-building program for optimal and sustained weight loss. With expert-led weekly video classes, tailored content, digital tools, and coaching support, Wondr is the leading program offered by health plans and employers nationwide to combat weight-related chronic conditions, like type 2 diabetes, heart disease, and MSK pain.

Proving ROI on benefit offerings isn't a nice-to-have, it's a need-to-have. Looking for a program that's clinically proven to improve the clinical, cultural, and financial health of your organization?

Learn more at wondrhealth.com.

