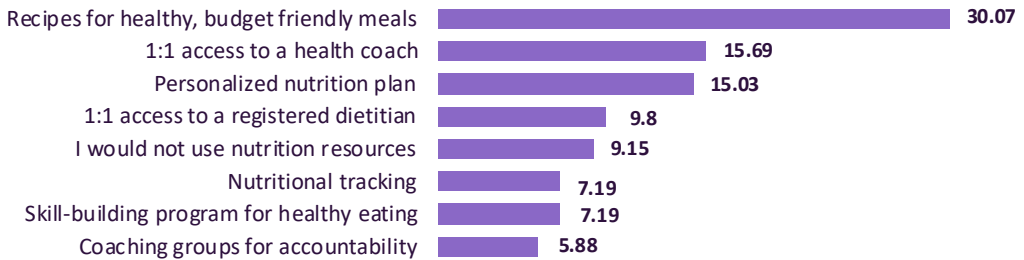


Nutrition resources for workforce health

Wondr Health conducts regular surveys and gathers input to stay connected to the evolving needs of our participants. We use these insights to develop custom resources, including blogs, webinars, new program content, and toolkits to address these needs.

Wondr Health conducted a survey of our participants to gauge their thoughts on nutrition resources. We surveyed more than 150 respondents between 3/12/25 and 3/18/25, and asked which of the following nutrition resources would be most valuable to them? These insights can guide your benefits strategies, given the role nutrition plays in overall health and well-being. What follows are the results:



Source: 153 respondents collected between 3/12/2025 and 3/18/2025

Affordability and personalization are key when it comes to nutrition

Based on the survey findings, the most valuable nutrition resource for respondents was recipes for healthy, budget-friendly meals (30.07%), indicating a strong preference for practical and affordable recipes. The second and third most valued resources were 1:1 access to a health coach (15.69%) and personalized nutrition plans (15.03%), showing that individualized guidance was also a top priority. Group-based and tracking-oriented features were less important.

Wondr Health offers healthy eating on a budget resources and personalized support and can help you shape your approach to nutrition by prioritizing these offerings.

For more information about Wondr Health, visit www.wondrhealth.com.