

A benefit that actually benefits

Wondr Health™ is a digital behavioral change program that focuses on weight management to help people drastically improve their physical and mental wellbeing with clinically-proven skills and practical tools.

Our program is super easy to implement and highly personalized to fit each individual's needs. So rather than investing in separate point solutions that manage symptoms, employers can address the root cause of chronic disease through our program. This helps prevent and reverse costly conditions, enhance productivity, increase engagement, and significantly decrease claims costs—which means it will improve the overall health of your company, too.

Plus, Wondr can be set up to be billed as a medical claim, which means no lengthy contracting processes and no out-of-pocket costs for participants.



Clinically-proven results & no frills, hard ROI

1.4x ↑

THIRD-PARTY VALIDATED FINANCIAL ROI

Wondr clients see a 1.4x return on investment.

84% ↓

LOST WEIGHT

Plus 85% of participants felt more in control of their weight.

50% ↓

OF MEN REVERSED METS

30% of women reversed MetS

50% ↓

REVERSED HIGH BLOOD PRESSURE

*Among those who lost 5-10% of their weight.

“Wondr Health has not only been a program that peaks 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

Our secret sauce

Wondr isn't a diet—there are no restrictions, points, or plans. Based in behavioral science, Wondr is a program that teaches clinically-proven skills - like the science of eating pizza or the science of catching the best zzz's to help participants lose weight for good and feel happier and healthier than ever.



How Wondr works

Wondr is a year-long program broken up into three phases: WondrSkills (foundations), WondrUp (reinforcement), and WondrLast (maintenance). A masterclass of sorts, our renowned team of experts teach science-based skills through weekly videos as well as live support from certified health coaches. Wondr is delivered 100% digitally, making it infinitely scalable and allows participants to access their program anytime, anywhere. Through the mobile app, website, text messages, and WondrLink (our online community), members will have 24/7 support to help them stay on track, connected, and inspired.

Our digital curriculum guarantees every participant gets high-quality, consistent instruction from our expert panel of highly credentialed clinicians without the hefty price tag associated with traditional one-on-one coaching. Wondr allows employers and plan sponsors to maximize the impact they can have on their population's health.

And implementation is super easy—we'll handle everything from enrollment to program engagement communications to launch in 6 weeks or less.



WONDRSKILLS™

Skill building



WONDRUP™

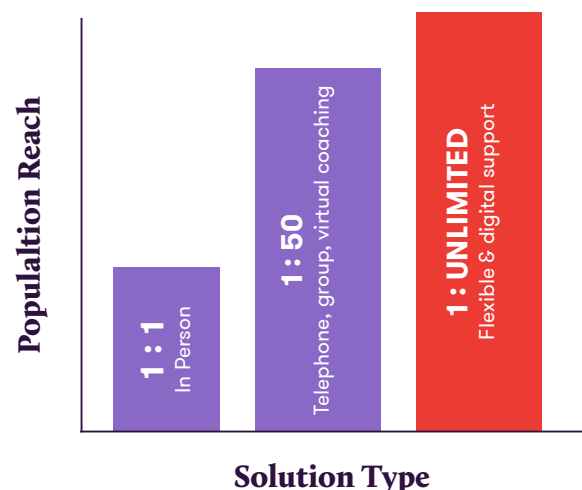
Personalized skill reinforcement



WONDRLAST™

Seasonal skill reinforcement

Infinitely Scalable



What's included?



FOR EMPLOYERS AND PLAN SPONSORS:

- ✓ Clinically proven results
- ✓ Third-party validated ROI of 1.4X
- ✓ The easiest implementation ever
- ✓ Optional claims billing through many leading health plans, TPAs, & PBMs
- ✓ Employee engagement experts to tailor program roll-out to your population
- ✓ A co-branded Wondr website and tailored enrollment communications
- ✓ Custom marketing materials
- ✓ Reporting on enrollment, participation, weight loss, & more
- ✓ Post-program participant feedback
- ✓ A healthier, more connected workforce



FOR PARTICIPANTS:

- ✓ Weekly, personalized video lessons delivered online for added convenience & increased engagement
- ✓ Digital dashboard for interactive learning, goal setting, tracking, & more
- ✓ Welcome kit to build excitement & set intentions
- ✓ Tailored communications (email, text messaging, & app notifications) to promote program adherence & accountability
- ✓ Options to connect live with health coaches to overcome hurdles & address unique challenges
- ✓ Mobile app for on-the-go access, skill reinforcement, & habit formation
- ✓ Online community for social support
- ✓ Tools to provide feedback & encourage mastery & accountability
- ✓ Personalized curriculum for a customized participant experience
- ✓ Integration with activity trackers, scales, & voice-controlled speakers (e.g. Amazon Alexa)

Learn more about how Wondr can start improving the health of your employees—and your company:

Visit wondrhealth.com

¹2019 Wondr (formerly Naturally Slim) Clinical Strategy Analysis conducted by leading, multi-state health plan's Clinical Strategy Team

²Ernest, C.P., et al. *Journal of Metabolic Syndrome & Related Disorders*, September 2015

³*Journal of Occupational and Environmental Medicine*, Volume 58, Issue 12, December 2016

⁴Naturally Slim Book of Business One-year Follow-up Survey 5Boudreau DM, et al., *Metabolic Syndrome Related Disorders*, 2009 6K.G.M.M. Alberti, FRCP, et al, *Circulation*, 2009