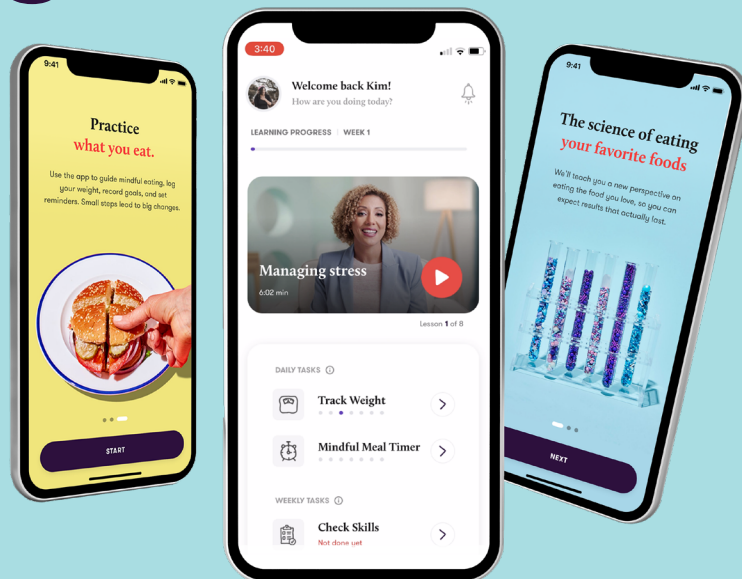


# Expect more

## The Wondr participant experience

**Wondr is the leading digital behavioral change program that treats the root cause of obesity and chronic disease. A master class of sorts, our renowned team of experts teach science-based skills through weekly videos that participants can access anytime, anywhere. Plus, since Wondr is 100% digital, the program is built for hyper-personalization and infinite scalability.**



Based in behavioral science, the entire experience is designed to drive engagement and health outcomes. Here's what that looks like:

- ✓ A world-class line up of renowned instructors who are experts in their fields
- ✓ Research-based, tailored content tracks for physical activity and eating behaviors based on users' goals, lifestyles, and preferences
- ✓ Skills Checks, quizzes, and in-the-moment tools to reinforce learning and create results that last
- ✓ Non-video, off-line resources like downloadable tip sheets for all types of learners
- ✓ Welcome Kit with components designed to excite participants and keep them on track towards their goal
- ✓ Built-in 24/7 online support and community with access to certified health coaches



## The 3 phases of Wondr

**Wondr is a year-long program that is broken out into three stages that build on each other for results that last.**

- **WONDRSKILLS<sup>TM</sup>**  
Learn simple repeatable skills.
- **WONDRUP<sup>TM</sup>**  
Reinforce and practice skills.
- **WONDRLAST<sup>TM</sup>**  
Maintain skills and progress.



# Getting personal

True to our mission of doing the most good for the most people, every element of the Wondr program speaks to all—regardless of demographics, cultures, eating preferences, or lifestyles.

Participants get personalized, tailored content that's relevant to their unique challenges and goals and proven to help them succeed.

## EATING BEHAVIORS

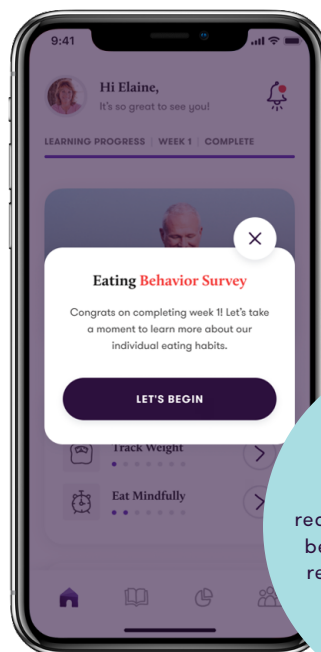
Using a clinically-validated approach, Wondr helps participants address the root cause of weight gain by providing custom content and strategies for each participant's unique challenges, such as emotional eating or persistent hunger.

## PHYSICAL ACTIVITY

Research-based behavioral strategies drive three tailored physical activity tracks that make movement more personally relevant, accessible, and enjoyable across the activity spectrum—including a first-of-its-kind occupational activity track.

## Our clinical team

Our clinicians aren't just the leading experts in their fields—they also bring an unmatched understanding of how to use behavioral teaching methods to keep people engaged and make the biggest impact.



90%

of participants who received personalized eating behavior content felt it was relevant to their individual weight loss journey

## MEET A FEW OF OUR EXPERTS



**Dr. Tim Church,**  
MD, MPH, PHD  
Weight Loss Expert



**Dr. Dana Labat,**  
PHD,  
Clinical Psychologist



**Renee Rogers,**  
PHD, FACSM,  
Exercise Expert

## WondrStories

"Wondr [is] a program that piques our members' interest with their commonsense approach to health, engaging curriculum, and providing consistent success. The program yields strong habits for sustainable outcomes."

**Sara Correnti,**  
MANAGER, HEALTH & WELFARE  
CONCORDIA PLANS

"As I got into the psychology behind it, the health coaches, the doctors, the nutritionists, all of it just started clicking with me. It's why we eat, how we eat, not just what we eat."

**Gail**

LOST **35 LBS**  
GAINED **CONFIDENCE**

Contact us.