

The ROI of Wondr Health

Third-party claims analysis performed by a leading multi-state health plan demonstrates clinical effectiveness and the ROI of Wondr Health to be 2.1x¹

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 16 million covered lives wanted to be sure implementing Wondr Health—a digital behavioral change program for weight management, metabolic syndrome, and diabetes prevention—delivered significant ROI. **So, they followed over 23,000 of their health plan members for two years to track them before, during, and after the program.**

OUTCOME OF THE STUDY

The study revealed the effectiveness of Wondr in lowering healthcare costs when compared to a control group of health plan members who had not been offered the program.

The Wondr participants completed eight or more of the ten WondrSkillsTM sessions and were not involved in any other carrier-sponsored programs.



Wondr Health Clinical Results²



10.6

lbs average
weight loss

50%

of men
reversed metS

30%

of women
reversed metS

84%

of participants
lost weight

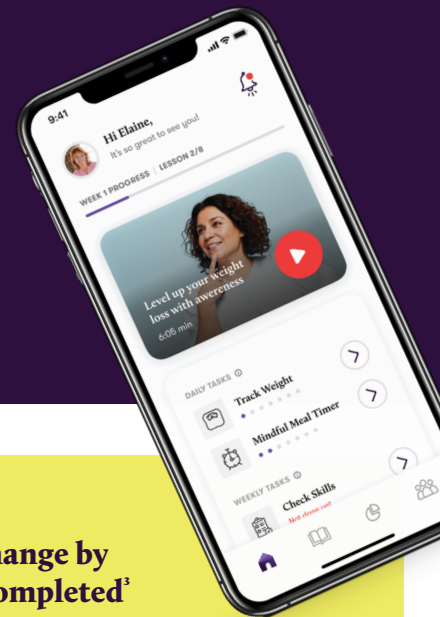
How Wondr works

Wondr is a digital behavioral change program that teaches clinically-proven skills based on science to improve mental and physical wellbeing. It's the leading program offered by employers and plan sponsors nationwide to combat obesity-related disease, like type 2 diabetes, heart disease, and metabolic syndrome.

Without the hefty price tag associated with traditional behavioral coaching, Wondr Health is the single most cost-effective way to reduce obesity-related disease in populations, helping employers and health plans do the most good for the most people.

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?

Contact us at
wondrhealth.com



wondr PARTICIPANT

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LOST **70LBS**

GAINED **PAIN-FREE DAYS**

