Wonds Health

THE PREVENTIVE CARE POWERHOUSE

Wondr Health™ and eMindful™ bring together best-in-class mental and physical chronic disease prevention to improve the health of millions nationwide.

The first of its kind, this new partnership is changing the way employers think about preventive care. The unique combination is foundational to a benefits strategy that is a catalyst for the best health outcomes, highest ROI, unparalleled employee engagement—with minimal lift for employers.

Wondr Health + eMindful







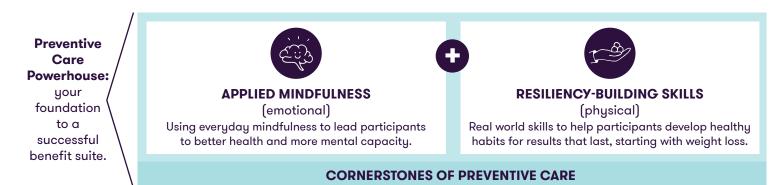


Preventive solutions are highly underutilized yet are an employer's best chance at keeping at-risk employees from becoming the next high-cost claimant. Together, Wondr and eMindful not only address the two largest contributors to high-cost claims—obesity and poor mental health—but also serve as a unique foundation of preventive care that can improve engagement and utilization of your other benefit offerings.

The Preventive Care Powerhouse explained.

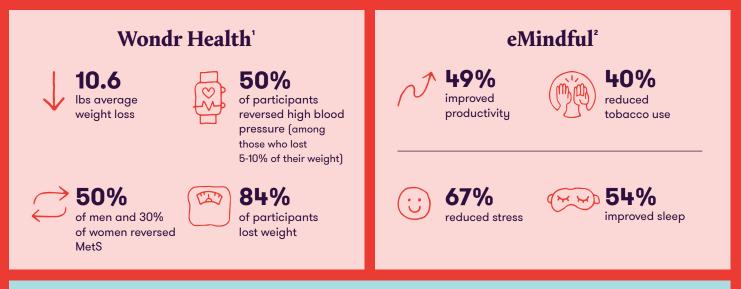
Wondr provides behavior change skills that not only help participants lose weight but improve all areas of life and work. eMindful provides complementary curriculum that teaches applied mindfulness skills that help participants create mental capacity in their work and personal lives. Together, **proven behavior change skills** plus **increased mental capacity** helps create clinically-proven healthier participants in both mind and body, which reduces at-risk people from becoming high cost claims, while often improving the utilization of disease management programs from those already diagnosed.

For example, someone who participants in Wondr and eMindful programs alongside a diabetes management program can utilize the behavior change skills they learn in both Wondr and eMindful, which can lead to things like better medication adherence, a more active life style, and other quality of life improvements.



The best claim is the one that never happens.

Lasting health outcomes for employees, highest cost-savings, and better engagement for employers



HOW IMPLEMENTING WONDR AND EMINDFUL TOGETHER MAKES THE BIGGEST IMPACT:

"I didn't think this kind of health transformation was possible, but as you're on that journey to make yourself whole, mind and body, you become the best version of yourself."

Bridget J.
LOST 30 LBS | GAINED CONFIDENCE

CHECKING ALL THE BOXES: SOLUTIONS THAT NOT ONLY WORK, BUT MAKE IT EASY.

- 🗸 Clinically-proven
- / Highly personalized
- / Increased engagement across your benefit offerings
- Proven ROI
- Easiest implementation ever
- Integration with other programs and platforms
- Inclusive of all lifestyles, health improvement goals, and challenges
- 100% digital delivery, access 24/7
- / Infinitely scalable

Wond1"HEALTH

ABOUT US

Wondr is the leading digital behavioral change program clinically-proven to help participants lose weight, and prevent and reverse chronic disease. Learn more at **wondrhealth.com**.

eMindful provides evidence-based mindfulness programs for everyday life and chronic conditions and delivers measurable results by helping individuals make every moment matter, with greater focus, creativity, and purposeful decisions. Learn more at **eMindful.com**.

Find out how you can make the biggest impact on your organization with Wondr Health and eMindful.

GET IN TOUCH.

