



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



28
YEARS IN THE
BENEFITS SPACE



2-9X
ROI*



890+
CLIENTS



42
EXPERT
INSTRUCTORS

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 participates 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.

Preventive Care Powerhouse:
your foundation to a successful benefit suite.



APPLIED MINDFULNESS (emotional)

Using everyday mindfulness to lead participants to better health and more mental capacity.



RESILIENCY-BUILDING SKILLS (physical)

Real world skills to help participants develop healthy habits for results that last, starting with weight loss.

CORNERSTONES OF PREVENTIVE CARE

The best claim is the one that never happens.

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

Wondr Health¹



10.6
lbs average
weight loss



50%
of participants
reversed high blood
pressure (among
those who lost
5-10% of their weight)



50%
of men and 30%
of women reversed
MetS



84%
of participants
lost weight

eMindful²



49%
improved
productivity



40%
reduced
tobacco use



67%
reduced stress



54%
improved sleep

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

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.

