

Case Study: Wondr Health & Higher Education

How Wondr Health helped 47% of a state university system's participants reduce their risk of type 2 diabetes

The client

WHO:

A nationally recognized state university system

INDUSTRY:

Higher education

SIZE:



100k+

Staff



230k+

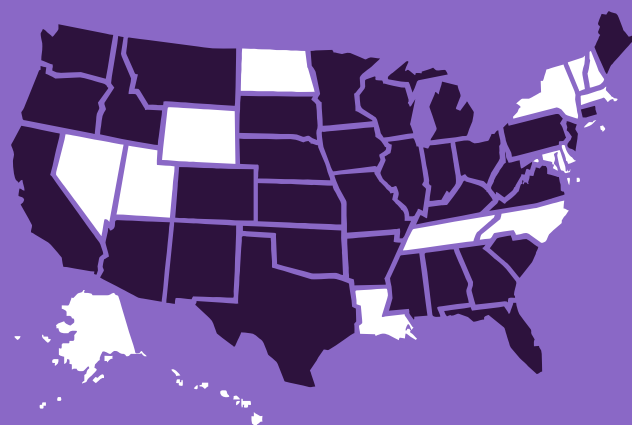
Students

CHALLENGES:

- Limited budget and resources
- Buy-in from Board of Regents required
- Consistent communications and rollout needed for all institutions across the state
- Increasing costs associated with age and obesity-related conditions

Wondr Health is the leader in the public sector

From state agencies and local governments to university systems and municipalities, Wondr has been offered to millions of people working for public entities nationwide. Implementation is easy with Wondr. With the ability to bill as a medical claim, there are no lengthy contracting processes and it's ready to launch in 6 weeks or less.



■ WONDRA PARTNERS WITH THE PUBLIC SECTOR IN 33 STATES

Wondr checked all the boxes

- ✓ A 100% digital behavioral change program that's super accessible
- ✓ Tailored, custom communications created by Wondr
- ✓ 24/7 support via the Wondr app, nudges, emails, and online health coaches
- ✓ Stress-free implementation
- ✓ Skills-based learning program for lasting weight loss
- ✓ No up-front fees
- ✓ Reduced healthcare spend

CLINICALLY-PROVEN RESULTS

Chronic disease risk factor reversal and overall improved quality of life for university employees

139,000 lbs
LOST COLLECTIVELY



47%
REDUCED THEIR RISK
OF TYPE 2 DIABETES



93%
FELT MORE IN CONTROL
OF THEIR WEIGHT



70%
INCREASED THEIR LEVEL
OF PHYSICAL ACTIVITY



69%
FELT MORE CONFIDENT



WondrStories

“In my 22 years in this position at System, Wondr (formerly Naturally Slim) is the only benefit we have ever offered that gives us continuous positive feedback. The implementation was smooth, relatively quick, very easy, and it is literally on cruise control. We sit back and take the compliments.”

— Laura Chambers,
University of Texas System

wondr PARTICIPANT

Gail M.

Administrative Assistant

LOST **35 LBS**

GAINED **CONFIDENCE**



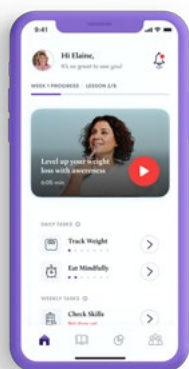
REAL RESULTS FOR REAL PEOPLE

“I’m always skeptical of these things. I always imagine that they promise more than they can deliver. It actually worked. I was surprised how well it worked and how fast the weight came off, too.”

— James P., State University System Employee

“The program is built in a way to keep you going and to make sure that you complete it, and that was helpful to me. It was kind of like having a coach at your back saying, ‘Come on, you can do it!’”

— Jacquie F., State University System Employee



Contact us to get results like these for your population



Wondr is the leading digital behavioral change program that is clinically-proven to help employees lose weight, improve their overall quality of life, and impact the clinical and financial health of organizations.

Visit www.wondrhealth.com/employers