



# How Wondr reverses metabolic syndrome

EXECUTIVE SUMMARY

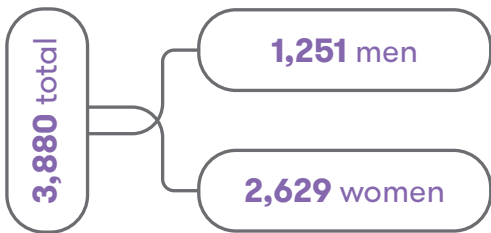
# Evaluation of Voluntary Worksite Weight Loss Program on Metabolic Syndrome

**Journal**

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**Population**



**Considerations:**

**All participants must have:**

- Enrolled in the Wondr program (no minimum level of participation)
- Completed a pre-biometric screening
- Completed a post-biometric screening within 20 weeks of the program start date
- Provided all their necessary demographic data, including age and gender

**What is metabolic syndrome?**

Metabolic syndrome (MetS) is defined as having three or more of the following risk factors: high blood pressure, elevated fasting glucose, high triglycerides, elevated waist circumference, and low HDL (good) cholesterol.

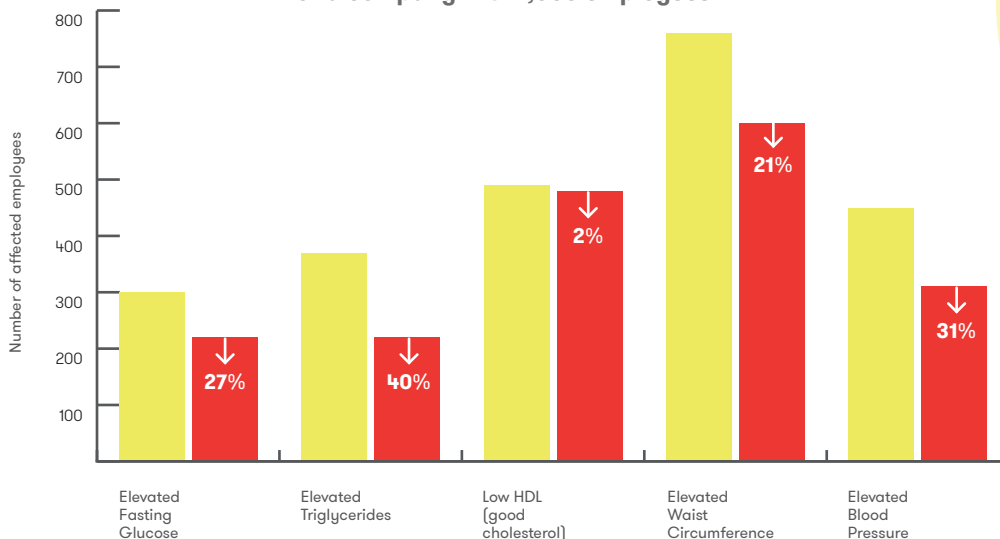
These risk factors can not only lead to one another but also compound each other. Having one or two risk factors indicates that an individual is more likely to develop other risk factors that can lead to costly, chronic disease.

**Why it matters:**

The risk factors that make up MetS not only burden your employees' mental and physical wellbeing but are also some of the leading causes of top cost-driving diseases like diabetes, cardiovascular disease, and some cancers.

With Wondr, of the participants with MetS, more than half (50.7%) reversed their condition within 20 weeks. Among the entire population, overall prevalence of metabolic syndrome reduced and all five metabolic syndrome risk factors improved.

**RISK FACTOR REVERSAL WITH WONDRA**  
for a company with 1,000 employees



[This chart shows the hypothetical changes for a company of 1,000 employees—using the change in percentages for each risk factor from the Wondr program study.]

● Pre ● with Wondr

**50.7%**  
of people with MetS were able to reverse it  
[within 20 weeks of using the Wondr program]

## Key learnings

- 1 All participants benefit.** All participants, regardless of initial weight, experienced reduction in risk factors. Therefore, all participants, regardless of BMI, benefit from the program (not just those who fall into the obese category).
- 2 While all participants benefit, the largest benefit was for participants with the highest risk.** There was a strong correlation between the magnitude of improvement of each risk factor and the number of metabolic syndrome risk factors present at baseline. This suggests that the people with the most improvement are those who were at the highest risk when they started the program.
- 3 Average participant lost over 10 pounds.** The average weight loss for all participants was 10.6 pounds (5.2% of total body weight) at the post-biometric screening. The average was 13.2 pounds (5.8%) for men and 9.4 pounds (4.8%) for women.
- 4 More weight loss equals reduced risk factors.** As expected, the greater the weight loss, the more significant the reduction in metabolic risk factors.

## Conclusion

The results of this study demonstrate that offering Wondr is clinically proven to reduce the risk factors that make up metabolic syndrome.

## Wondr works

Lessening the burden of chronic diseases isn't just good for your employees' overall health and quality of life. It's good for the health of your business.



Success for participants, regardless of starting weight



Clinically-proven risk factor reduction



Lower potential future claims costs

Wondr is a digital, behavioral change program that teaches clinically-proven weight management skills. Highly personalized and tailored to fit each employee's needs, it leads with weight loss, improves overall health, and also addresses the root cause of chronic diseases. Learn more about how Wondr drives results for hundreds of thousands of people through organizations nationwide.

**Contact us:**  
[www.wondrhealth.com](http://www.wondrhealth.com)

