

The science of sustainable weight loss.

How Wondr helps employees lose weight and keep it off.

Wondr Health™ is a digital behavioral weight management program that can actually improve the health of your company. Our program **teaches people how to cope in healthy ways**, starting **with their relationship with food** by using simple, interactive skills and practical tools that improve both physical and mental wellbeing.

Wondr Health unites the common goals of companies and individuals: reducing healthcare costs, improving health and wellbeing outcomes, and keeping your company connected through better health. Wondr is proven to help employees maintain long-term, clinically beneficial weight loss, and other quality of life improvements.

Find out how we drive sustainable results you can count on in this peer-reviewed study.



EXECUTIVE SUMMARY

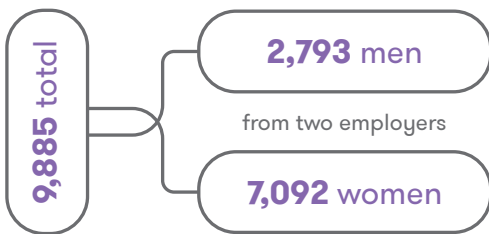
The Efficacy of Re-Engaging an Employer-Sponsored Weight Loss Program

Journal

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Population



{ All participants must have completed the Wondr program twice within a two-year period. }

Description

The U.S. Preventive Services Task Force reports that behavioral weight-loss interventions can lead to clinically significant health improvements.¹ Current guidelines also reinforce the benefit of just 3-5% weight loss for reduction in risk of costly chronic conditions like type 2 diabetes, heart disease, and certain cancers.² However, typical employer sponsored weight loss interventions are limited to “one and done” programs. The following research examines the effectiveness of employees re-engaging in a voluntary workplace weight management program to determine if there is additional benefit to repeat participation.

Conclusion

Sustainable results employers can count on year-after-year

Allowing employees to take the Wondr program a second time leads to long term success. Employees who repeat the program 11-15 months after their first class ended see long-term, clinically-significant weight loss, which improves their quality of life, and ultimately improves the health of your people and your bottom line.

The prevalence & cost of obesity

According to the 2017-2018 National Health and Nutrition Examination Survey (NHANES), 31.1% of US adults over 20 are in the overweight category and 42.5% are in the obese category, increasing their risk for heart disease, stroke, Type 2 diabetes, and certain cancers.³

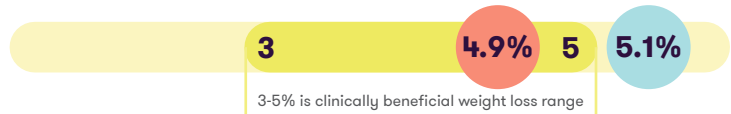


The CDC estimates **the annual cost for an individual with obesity to be \$1,429 higher than for a person of a healthy weight.**⁴

Fortunately, individuals who fall into the obese or overweight category can lose weight and improve their overall health with comprehensive behavioral weight management interventions like Wondr.¹

Clinically beneficial weight loss

After Wondr re-engagement within a two-year period, **women lost an overall average of 4.9% of their body weight while men lost an overall average of 5.1%.**



Key study takeaways

- 1 Wondr helps employees maintain long-term, clinically beneficial weight loss, and other quality of life improvements.** Continued access to the program enables participants to master behaviors associated with sustained weight management and health improvements.
- 2 The optimal time between initial and repeat engagement in Wondr was identified as 11 to 15 months.** This timeframe allows for the independent practice of new skills followed by behavioral reinforcement to strengthen habit formation.
- 3 With re-engagement in Wondr, employees achieved an amount of weight loss associated with reduced risk for costly conditions like Type 2 diabetes, heart disease, and certain cancers. Plus, they kept the weight off.** Repeat engagement resulted in a weight loss of 4.9% to 5.1%—an amount recognized within expert guidelines to be clinically significant for disease risk reduction.

Learn more:
www.wondrhealth.com

Wonder Health. Expect It.

¹US Preventive Services Task Force. Behavioral Weight Loss Interventions to Prevent Obesity-Related Morbidity and Mortality in Adults: US Preventive Services Task Force Recommendation Statement. JAMA. 2018;320(11):1163-1171. doi:10.1001/jama.2018.13022. ²Jensen et al. Circulation. 2014 Jun 24;129 (25 Suppl 2):S139-40. ³Centers for Disease Control and Prevention (CDC). National Center for Health Statistics (NCHS). National Health and Nutrition Examination Survey Data. Hyattsville, MD: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, [2017-2018]. ⁴Hales CM, Carroll MD, Fryar CD, Ogden CL. Prevalence of obesity among adults and youth: United States, 2015-2016. NCHS data brief, no 288. Hyattsville, MD: National Center for Health. NCHS Data Brief. 2017;1-8.