

# The science of Wondr

Five published, peer-reviewed studies show the kind of science-based, data-backed outcomes your people can expect.



## Company Description

Wondr Health™ (formerly Naturally Slim) is a digital behavioral change program that teaches clinically-proven weight management skills. We flip diet culture on its head by teaching employees the science behind eating the food they love so they can lose weight for good, prevent chronic disease, and improve overall physical and mental wellbeing. Wondr was born in the benefits industry and is backed by 10+ years of clinical research and a decade of measurable results featured in five peer-reviewed studies.



## Why we did the studies:

Any marketing department can tell you their program works, but we'd rather let the science do the talking.

There's no shortage of restrictive programs that don't actually deliver meaningful, sustainable results. We want our clients to have more than just our word that Wondr works.

Our world-class clinical team performed studies that irrefutably support the key pillars of our program and validate our long-lasting clinical outcomes, ROI, and scalability. In short, we're clinically-proven, data-backed, sustainable, accessible, and ridiculously passionate about what we do.



## We set out to let the science do the talking. Here's what it said:



### 1. Results

**84%** lose weight  
**10.6** lbs lost in the first 10 weeks  
**83%** maintain weight loss

With any health improvement program, clinical outcomes are key. So let's start with the basics: **Does the program actually work?**

Our first two peer-reviewed studies, published in the *Journal of Metabolic Syndrome and Related Disorders* and the *Journal of Occupational Disorders*, proved that it does.

The Wondr Health program teaches participants the skills they need to lose weight and maintain their weight loss for the long term.

- **84%** of participants lose weight<sup>1</sup>
- Participants lose an average **10.6** lbs in the first 10 weeks<sup>2</sup>
- **83%** of participants maintain weight loss after one year<sup>3</sup>

Our weight loss results are really only the tip of the iceberg. By addressing the root cause of a health condition instead of the symptoms, Wondr reverses chronic disease.

- **50%** of participants reversed MetS<sup>4</sup>
- **55%** of participants reduced their Type 2 diabetes risk<sup>5</sup>
- **50%** of participants reversed their high blood pressure (of those who lost 5% or more of their body weight)<sup>5</sup>

### Here's why it matters:

You'll see the results on your claims reports.

Wondr Health not only lifts the burden of MetS, hypertension, and Type 2 diabetes off of your employees, but does the same kind of lifting off of your claims reports, too. That means you get healthier, more productive employees and spend less on healthcare.



### 2. Scalable

**111k** participants in our 3rd study  
**750k** participants to date

Dated, health coach-centric models aren't scalable and don't provide a consistent experience for participants. Wondr delivers expert, timely, personalized digital coaching to large populations, which makes our program infinitely scalable, sustainable, relatable, and effective.

- 111k** participants participated in our third published study, demonstrating program convenience, flexibility, and ability to scale
- To date, **750k** participants have enrolled in the NS program

### Here's why that matters:

Wondr is infinitely scalable. Participants can access the program anytime, anywhere, from their own device. We have over 800 clients ranging in size, industry, and needs. Whether you have 100 employees or 50,000 employees, a traditional office or employees in the field, we've got you covered.





### 3. Sustainable

Repeat engagement  
results in a weight loss of

**4.9– 5.1%**

Okay, so your program works. **But is it sustainable?**

Employers need benefits that guarantee results year-after-year, and our fourth published study, *Efficacy of Reengaging in an Employer-Sponsored Weight Loss Program*, proved that the longer our participants stick with us, the better their results.

In fact, participants that took the Wondr program for a second time lost the kind of weight that reduced their risk for costly conditions like Type 2 diabetes, heart disease, and certain cancers.

**Repeat engagement results in a weight loss of 4.9- 5.1%**, recognized within expert guidelines to be clinically significant for disease risk reduction.<sup>6</sup>

#### Here's why that matters:

Our clients rely on Wondr Health to help drive clinical outcomes that keep their people healthy and their costs low. We help people get healthy and stay that way.



### 4. Accessible<sup>7</sup>

Behavioral programs that include personal learning were a powerful way to help employees achieve weight loss—for **all education levels**.

In our fifth study, we proved that anybody can be successful in their weight loss journey with Wondr Health, regardless of their educational background. Those who participated in eight or more weeks of the program were significantly more likely to achieve a clinically-beneficial weight loss than those attending fewer than seven classes. These findings proved that behavioral programs that include “personal learning” on an online platform or app were a powerful way to help employees achieve weight loss—for *all* education levels.

#### Here's why that matters:

Wondr Health supports the needs of your population, no matter their background or history. We meet people where they are. Our program is designed to break down weight loss barriers and improve the health of all people, regardless of education level.

Wondr. Expect a program that drives clinical outcomes, lower claims costs, improves quality of life, and can reach any and all of your people.

- 1 *Journal of Occupational and Environmental Medicine* (2016)
- 2 *Journal of Metabolic Syndrome and Related Disorders* (2015)
- 3 Naturally Slim internal research survey of 2,000+ participants (2017)
- 4 *Journal of Metabolic Syndrome and Related Disorders* (2015)
- 5 *Journal of Occupational and Environmental Medicine* (2016)
- 6 *Journal of Occupational and Environmental Medicine*, Volume 61, Issue 12, December 2019
- 7 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7537736/> *Journal of Occupational Medicine* (2020)