

The ROI of Wondr Health

Third-party claims analysis performed by a leading multi-state health plan demonstrates clinical effectiveness and the ROI of Wondr Health to be 2.1*

THE ROI OF WELLNESS

The ROI of wellness has historically been hard to measure, especially when already-stretched-thin HR teams have limited data and even more limited time.

A large multi-state health plan with over 16 million covered lives wanted to be sure implementing Wondr Health—a digital behavioral change program for weight management, metabolic syndrome, and diabetes prevention—delivered significant ROI. **So, they followed nearly 23,000 of their health plan members for two years to track them before, during, and after the program.**

OUTCOME OF THE STUDY

The study revealed the effectiveness of Wondr in reducing clinical risk factors and lowering healthcare costs when compared to a control group of health plan members who had not been offered the program.

The Wondr participants completed eight or more of the ten WondrSkills™ sessions and were not involved in any other carrier-sponsored programs.



The results



11.6 lbs

average weight loss

1.61

average BMI reduction

70%

of participants lowered their BMI

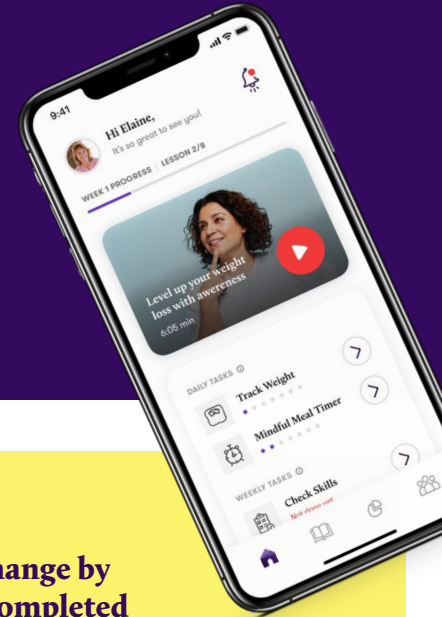
How Wondr works

Wondr is a digital behavioral change program that teaches clinically-proven skills based on science to improve mental and physical wellbeing. It's the leading program offered by employers and plan sponsors nationwide to combat obesity-related disease, like type 2 diabetes, heart disease, and metabolic syndrome.

Without the hefty price tag associated with traditional behavioral coaching, Wondr Health is the single most cost-effective way to reduce obesity-related disease in populations, helping employers and health plans do the most good for the most people.

Proving ROI on employee benefit offerings isn't a nice-to-have, it's a need-to-have. Looking for a program that's clinically-proven to improve the clinical, cultural, and financial health of your organization?

Contact us at wondrhealth.com



wondr PARTICIPANT

Dan B.

Tech Ops Instructor

LOST **70LBS**
GAINED **PAIN-FREE DAYS**

