

# Wondr isn't a typo—or a diet

Founded by a team of renowned doctors (hence no “e”), Wondr is a digital behavioral change program. A master class of sorts, we teach employees how to eat their favorite foods so they can lose weight and reduce and reverse chronic disease.

## Ever wonder if there was a benefit that actually benefits?

Wondr is the “and” program—we’re not replacing your diabetes management or sleep solution. Wondr can work alongside existing benefits as a standalone or enhance the impact of your other point solutions.

## The details

Wondr is a year-long program broken out into three phases that build on each other for lasting results.

### WONDERSKILLS™

- Learn simple repeatable skills through weekly master classes.

### WONDRUP™

- Reinforce and practice skills through weekly personalized master classes.


### WONDRLAST™


- Maintain progress with lessons and Wondr coach tips to manage travel, holidays, and seasonal challenges.

# Results you can count on

Born in the benefits space, we understand how to drive the biggest clinical, cultural, and financial health impact.

## Quality of life improvements<sup>1</sup>

 **61%**  
have more energy

 **85%**  
feel more in control of their weight

 **57%**  
improved their mood

 **62%**  
have more self-confidence

## Clinical results

↓ **84%**  
Lost weight on the program

↓ **10.6 lbs**  
Average weight loss

↓ **50%**  
Reversed high blood pressure

↓ **50%**  
of men reversed MetS prevalence

\* 30% of women reversed MetS prevalence

## Financial ROI

**2.1× ROI<sup>2</sup>**

# Wondr checks all the boxes

From the easiest implementation ever to claims cost savings, Wondr's got you covered with a benefit that not only works—but makes it easy.

## FOR YOUR BUSINESS



- ✓ A digital behavioral change program with clinically-proven results
- ✓ Improves whole health through weight management
- ✓ Highly personalized to bring better health to all cultures and backgrounds
- ✓ Stress-free implementation, with co-branded, custom communications & reporting
- ✓ Future claims cost reduction
- ✓ Available through claims billing
- ✓ A benefit your people will actually use

## FOR YOUR EMPLOYEES



- ✓ 100% digital that accommodates any schedule
- ✓ Results that last
- ✓ Welcome kit complete with tools and encouragement
- ✓ Mobile app for on-the-go access and 24/7 support
- ✓ Weekly on-demand master classes from our expert team of instructors
- ✓ Tailored emails, text messages, and daily nudges to keep engagement high
- ✓ On-call health coaches to connect with live
- ✓ The WondrLink™ online community for social support & Wondr Blog for other relevant resources

## Real results for real people—like Tut

**“Wondr is a weight loss program, and it’s not a weight loss program all at the same time. It really allows you to become somebody that you want to be.”**

**Tut B.**

LOST 50 LBS  
GAINED ACTIVE LIFESTYLE

## WondrStories

“ In my 22 years in this position, Wondr is the only benefit we have ever offered that gives us continuous positive feedback. The implementation was smooth, relatively quick, and very easy. ”

**Laura Chambers**

Executive Director of Office of Employee Benefits  
The University of Texas System

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