



Case Study: Wondr HealthTM & Medtronic



Together, Medtronic and Wondr HealthTM (formerly Naturally Slim) improved the health and wellbeing of thousands of Medtronic employees without the typical headache of benefit implementation.

The client

WHO:

Medtronic

INDUSTRY:

Healthcare Tech

QUICK FACTS:



98k+
Employees



350
Locations



150
Countries

ABOUT MEDTRONIC:

The world's largest medical technology company

Medtronic's mission is to contribute to human welfare by creating technology that helps alleviate the pain, restore the health, and extend the lives of people around the world. To do this, they know they must invest in their employees' health and wellbeing. And they realize that in doing so, they gain a competitive edge in global biomedical engineering innovation.

A single solution personalized for individual needs.

Medtronic chose Wondr Health, a digital behavioral change program that teaches clinically-proven weight management skills. Through the Wondr program, participating Medtronic employees had highly personalized support at their fingertips with access to renowned doctors, scientists, and certified coaches focused on teaching people practical, science-based skills and committed to helping them improve their health and happiness—for the long run.

Not only did Medtronic find a results-focused solution that prioritized employee health, wellbeing, and engagement, but it came with the added perks of:

- ✓ **Stress-free implementation**—no upfront or hidden fees, or lengthy contracting process, and the ability to be billed as a preventive care claim through existing health plans.
- ✓ **Lower future claims costs** through the program proven to help prevent, reverse, or address the root cause of chronic disease.
- ✓ **Infinite scalability** throughout their large and geographically-dispersed organization.
- ✓ **Employee connectivity** via a digital platform that encourages community support and accountability among Wondr participants.

“Medtronic's investment in our wellbeing programs has never been about reducing healthcare costs... It's about our people, and it's part of our culture.”

— Gen Barron, SR. MANAGER OF GLOBAL WELLNESS



wondr PARTICIPANT

Jan G.

Clinical Research Coordinator

LOST 33 LBS

GAINED CONFIDENCE



CLINICALLY-PROVEN RESULTS

A perk employees can't quit talking about with clinically significant health improvements

8,000

**PARTICIPANTS LOST OVER
26,000 POUNDS**



87%

**FELT MORE IN CONTROL
OF THEIR WEIGHT**



People who feel more in control of their weight are more likely to maintain their weight loss long-term.¹

65%

**ENGAGED IN 10+ WEEKS
LOST 3%+ BODY WEIGHT**



Losing as little as 3% body weight produces clinically meaningful health benefits, including reducing disease risk factors and overall disease risk.²

64%

**REPORTED BEING MORE
PHYSICALLY ACTIVE**



Physical activity can reduce the risk of all-cause mortality.³

REAL RESULTS FOR REAL PEOPLE

“Enrollment and engagement in the program have exceeded our expectations, and we continue to receive positive feedback and testimonials from our employees.”

— Denise King,
GLOBAL VICE PRESIDENT FOR BENEFITS
& TOTAL REWARD OPERATIONS

Wondr Health. Expect it.

**Get results like these for your population.
Visit wondrhealth.com**

*Original case study was performed under the Naturally Slim name prior to our rebrand as Wondr Health.
¹<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6055795/> ²<https://www.ahajournals.org/doi/pdf/10.1161/01.cir.0000437739.71477.ee> ³<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4493772/>

wondr HEALTH™

WondrStories

With [Wondr Health], we saw great clinical outcomes, but the written comments and feedback we received spoke much louder than the weight loss numbers. People have changed the way they eat and think, and we think that's going to be sustainable. It's the testimonials and sharing of stories that really helps motivate others and impact the ROI of programs at Medtronic.”

— Gen Barron,
SR. MANAGER OF GLOBAL WELLNESS