

# Our impact on the healthcare industry

How three healthcare organizations—Genesis Health, Mercy Health, and Baylor Scott & White Health—successfully integrated Wondr Health™ into their employee benefits programs.

## Making their health a priority

Healthcare facilities pledge to provide the very best treatment and attention to their patients. But doctors, nurses, technicians, and support staff work long hours, have crazy schedules, and take on high levels of work-related stress—which are all factors that can affect their own health. Notoriously, healthcare providers take great care of others, but not such great care of themselves—so organizations often struggle with how to encourage employees to make their own health a priority.



# Bending the trend

Genesis Health System, Mercy Health, and Baylor Scott & White Health (BSWH) each integrated Wondr into their respective employee benefits programs with the goal of improving health risk factors and enhancing the quality of life for their team members. Each implemented the Wondr program in a different way, and all three reported measurable improvements in employee health.

## Impact of weight loss on overall health

Reducing body weight by as little as 3-5% (6-10 pounds for a 200 pound man) can have a big impact on overall health. In fact, according to the Federal Obesity Guidelines, it can significantly lower blood pressure and blood glucose, as well as reduce the risk for type 2 diabetes. After completing only 10 weeks of the Wondr program, Genesis, Mercy Health, and BSWH participants reported an average weight loss of 8-10 pounds for men and 7-8 pounds for women.



Integrated Wondr within its homegrown employee wellness program (Healthy Lifestyles)

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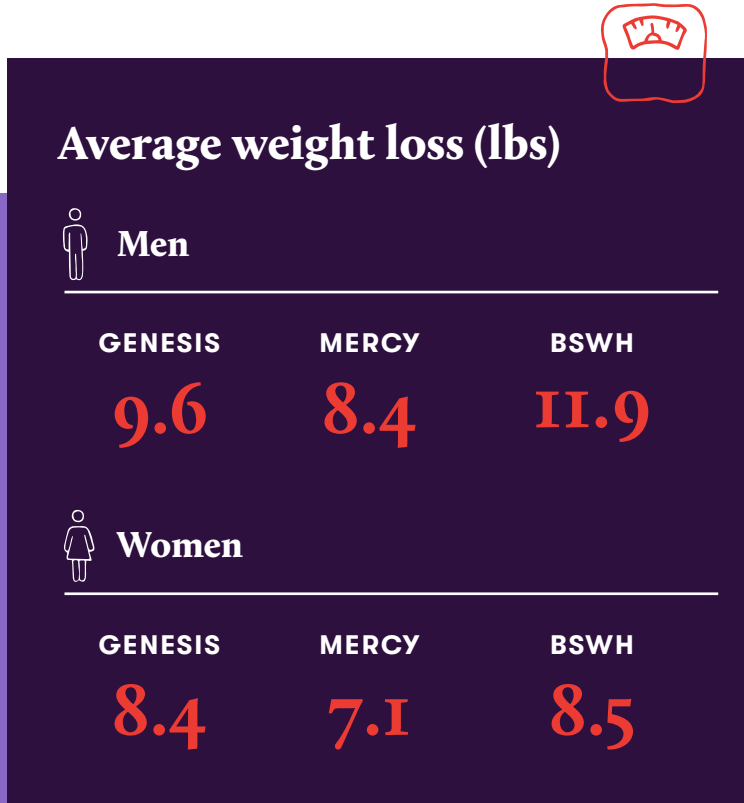


Integrated Wondr into an existing wellness platform

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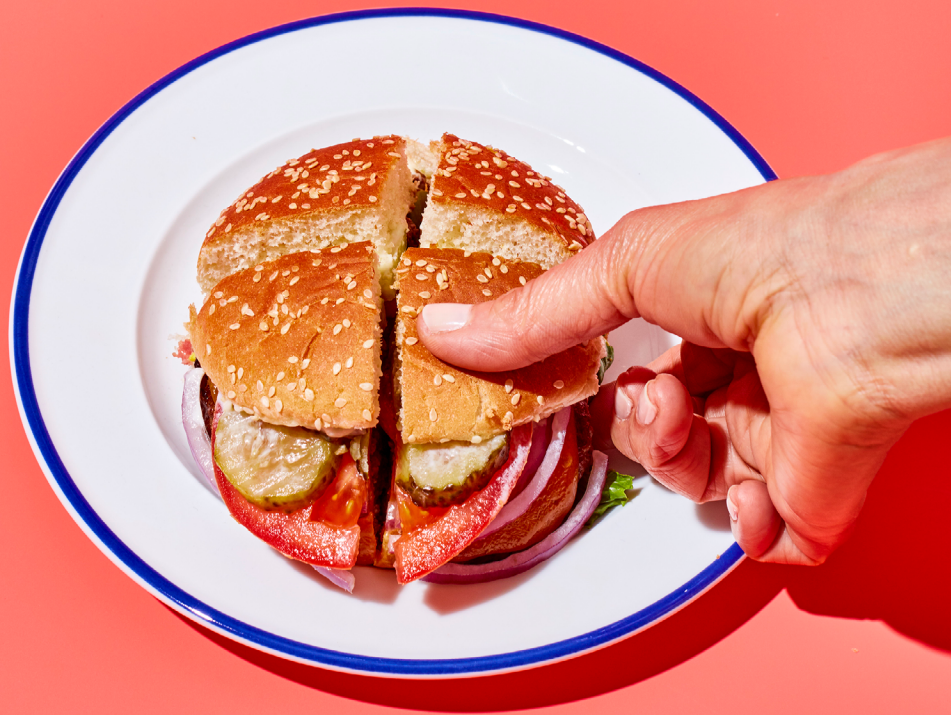


Offered Wondr to its employees as a standalone weight loss program



“We wanted outcomes that lasted year-over-year and not another quick fix for our employees who were trying to improve their health. Wondr’s mindful eating program not only delivers great results, but also keeps people healthy, decreasing our claims costs and improving employee wellbeing.”

—Nicole Martel,  
System Director  
HEALTH & WELL-BEING FOR  
MERCY HEALTH



Among the health system participants who reported having high blood pressure before starting Wondr, more than 43% reported an improvement in their high blood pressure levels. Likewise, at least 40% of participants with pre-existing high blood glucose reported reduced levels across all three organizations.

## Improved quality of life

For Genesis, Mercy Health, and BSWH, the benefits of Wondr extended beyond health risks into quality-of-life factors as well. These indicators match up with participants’ ability to master and maintain Wondr’s clinically-proven skills for the long term. More than 60% of participants from all three healthcare systems reported increased energy, and more than 56% of those surveyed reported an increase in self-confidence after applying the program’s lessons to everyday life.

### Improved high blood pressure

GENESIS	MERCY	BSWH
46%	43%	47%

### Reduced blood glucose

GENESIS	MERCY	BSWH
40%	54%	56%

# Increased physical activity

Consistent physical activity is proven to have a major impact on the ability to maintain weight loss and improve quality of life for the long term. That means the full spectrum of fitness—anywhere from leisure activities (like walking the dog or playing with children) to high-impact exercise (such as running or swimming).

**Across the three healthcare organizations, at least 67% of team members stated they had stepped up their physical activity since starting Wondr.**

“It’s a program that is scalable, it can reach a small group or a large group very quickly, and it’s something where you can see results both in the short-term and long-term.”

—**Becky Hall**  
VICE PRESIDENT OF HEALTH  
AND WELLNESS FOR BAYLOR  
SCOTT & WHITE HEALTH

## Long-term health benefits



**+60%**

ENERGY BOOST



**+56%**

SELF CONFIDENCE

