

Wondr for Weight Loss

Behavioral change program that's clinically proven to help people lose weight and improve overall quality of life

Obesity is commonly associated with poorer mental health and a reduced quality of life. It also is one of the leading causes of preventable chronic diseases and death in the U.S.

74%¹

Of U.S. adults are overweight or obese

\$173 Billion¹

Annual cost of obesity

Wondr helps organizations address weight and the chronic conditions and costs associated with it.

The three stages of Wondr

Our personalized, 100% digital program is built in three simple stages for results that last.

WONDERSKILLSTM

- Learn simple repeatable skills through weekly master classes.

WONDRUPTM

- Reinforce and practice skills through weekly personalized master classes.

WONDRLASTTM

- 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.



41%²

lost \geq 5%
body weight



65%³

have more
self-confidence



64%³

improve
energy



63%³

boost mood



33%³

improve sleep



2.1x⁴

ROI

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.

PROGRAM BENEFITS



- ✓ Clinically proven results
- ✓ Improves whole health through weight management
- ✓ Future claims cost reduction with a 2.1x ROI
- ✓ Highly personalized to bring better health to all cultures and backgrounds
- ✓ Stress-free implementation with custom communications & reporting
- ✓ Available through claims billing
- ✓ A benefit your people will actually use
- ✓ A healthier, more connected workforce

PROGRAM FEATURES



- ✓ Weekly master classes that are personalized to participants
- ✓ In-the-moment resources that help turn skills into habits
- ✓ WondrLink™ social community
- ✓ Expert team of instructors and health coaches
- ✓ Clinically proven skills, communications and education for lasting results
- ✓ Goals, pledges, and progress tracking
- ✓ Custom marketing and reporting

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

“Wondr Health has not only been a program that peaks our members’ interest with their common sense approach to health, but it keeps [it] through engaging curriculum. The program yields strong habits for sustainable outcomes.”

Sara Correnti

Manager, Health & Welfare (Member Wellness Products) Concordia Plans

Visit us at wondrhealth.com

