

Participant Testimonials

Government and Education Employees

January 27, 2022

State Government Employee

"I am thrilled with the results of Wondr! I have struggled with weight loss and tried various programs for years without any lasting success. Wondr has allowed me to continue losing weight AND live life! The fact that better choices are the key instead of restrictions has been a game changer. I was always wolfing down my food, eating to being overfull and wondering why I never got any results even though I exercised on a consistent basis. The 10-5-10 timer, hunger savers, chewing slowly and more have all been the key for me. I have even upped my exercise. Wondr has truly been a WONDER for me! I tell others about it all the time. I'm still on my journey to reach my overall goal, but I am now confident, almost a year in, that I will reach it, AND continue to live this healthier lifestyle. I can't say enough great things about this truly 'life-changing' program. Thank you for helping me be a success on my lifestyle/weight loss journey."

State University Employee

"This program was perfect for me. I didn't want a diet program because I know that diets never last. So when I saw that the Wondr program was about making small, life-long changes, it was exactly what I wanted. I have been overweight my whole life, but mostly healthy due to playing sports. However, in my 30s my blood pressure, weight, and waistline started creating higher every year. When I was 37 I started keeping an eye on my blood pressure, then I found myself buying 40" pants for the first time and realized that I weighed 235 lbs (10-15 pounds more than I'd ever weighed before). It was at that point when I realized I needed to get healthier or else I may end up in a situation that forces me to make changes (hypertension/diabetes). It just so happened I saw my work offering the Wondr program a couple months after I decided to get healthier, so I signed up. I had planned on trying to lose about 20 pounds and get to 215, but ended up losing 60 pounds and getting down to 175, which is right smack dab in the middle of the healthy BMI range for my height. For the first time in my life, I am not overweight! The most important thing that I learned is that it is a long process. I think the mentality of the program, to make small, but life-long changes, is THE ONLY way to go about losing weight because the only thing that matters is the long term. Make small changes and play the long game. Thank you Wondr for giving me the tools that have empower me to make that happen!"

State Government Employee

Hello! I would like to share my story with you. I did not grow up in a healthy environment. We often had very little food or money. I ate what was put in front of me because there were no choices. We ate what was cheap and that generally meant nothing healthy. I had no good examples to follow so I repeated as an adult what I learned as a child. As I got older my metabolism slowed way down and I also became less active. Fast forward to June of 2021...I was 51 and in a lot of knee pain. Long story short, I saw an orthopedic surgeon and was diagnosed with Stage 3 osteoarthritis. Maybe I have it, maybe I don't but I weighed in at 230. I went home and cried. How did I get to this point? I started your program on July 5th and honestly did not expect anything. I had tried other things prior to Wondr and they either did not work at all or the results did not last. I really got bought into the Wondr program and slowly but surely that weight came off. I have learned so much! I am in the final phase of this program and it ends in July for me. I started at 230 on July 5, 2021 and now today, January 12, 2022, I am 170 for a total loss of 60 pounds. My goal is 155 so just 15 more to go. The self-esteem this has given me and the feelings of empowerment are beyond what I likely can convey here. I want to talk to people and look them in the eye and wear nice things. You have given me so much and it is opening doors that I never imagined because I feel confident. I am not in the terrible pain that I was and I like myself now. Thank you!

K-12 Public School Employee

"I have lost 16.4 pounds since starting Wondr and I have just completed Week 15. Originally, I had only wanted to lose that stubborn last 10 pounds. Wondr works because I am no longer dieting but have fallen in love with food again. I always knew that I was an emotional eater and this has helped me focus on *when* and *why* I eat. None of the information was new to me but this time, it all makes sense. Recognizing my hunger level was a huge breakthrough and I love my H2Orange. I am a Type 1 Diabetic and have been able to reduce my long-term insulin. I am so thankful for this program and my daughter-in-law and her friend are now doing it, too. I am telling everyone who asks because this program is a game-changer."

State Government Employee

"I have been overweight or obese my entire life, from childhood. I am 54, a nurse practitioner, and am well aware of nutrition and exercise recommendations. I have also tried many weight loss programs. I did manage to lose nearly 80 lbs on Weight Watchers in the 1990s, but as soon as I stopped attending meetings I started gaining again and gained it all back. I started to think I was going to need to consider bariatric surgery. I was very scared of that, and so when this program was offered to me, I decided to see if it had anything new to tell me. Lo and behold, it DID! A very different approach, that taught me how to be in touch with my body and really pay attention to when I was actually hungry (instead of eating out of habit, or because I was feeling lonely or frustrated or otherwise 'empty'), and also notice and pay attention to when I was satisfied and should stop eating (instead of continuing because something tastes good, even if afterwards I am uncomfortably full). Wondr Health also has helped me realize that there might be times that I CHOOSE to eat something that normally I might not, and as long as I am aware and doing it intentionally, it does not mean that I have 'failed', and IT IS OK! That is a legitimate thing to do, and I can continue to be successful! Since I started the program in March 2021, I have lost 76 lbs and have gone from morbidly obese to simply overweight as determined by body mass index. I have 30 more pounds to lose to reach my ultimate goal of being at a healthy body mass index, and I know I will be able to do it, and still be able to enjoy eating the things I like, and that I don't have to constantly think about logging, or points, or any type of 'diet'. I just have to pay attention! It is so simple, and yet so VERY effective! The videos, the mindfulness reminders, the supportive community, just the whole program really has worked for me, and I am very grateful that this opportunity came along at just the right time!"

K-12 School Employee

"I am so very glad to have been accepted to participate in this program. I am 30 pounds lighter today than I was on this date, February 2019!! Wondr really works, and the best part for me was that I did not have to deny myself of my favorite foods."

County Government Employee

"I started Wondr almost one year ago. I have lost over 35 pounds, I feel great and understand so much about why, when, how, and what the heck was I thinking. The myths of eating 3 meals a day, eat everything on your plate, eat at special events - because it would be rude not to taste everything. Oh, the journey is worth it! Parties no longer haunt me, eating when bored or just because everyone else is. Do not give up on this program, it is not a diet - they do not work. Yes, some of you will go up and down, but ask why and look at the news feeds and talk to your coaches. Do every lesson, go back and listen 2 or 4 times, take notes. Make yourself accountable to someone at work, at home or even the coach. I see myself differently than I did two years ago. Positive, more energy, confident, healthier, not afraid of what people may think of me but most of all what I think of myself. Please do not give up on you! Enjoy your life and thank you to all my coaches. I have learned so much."

K-12 Special Education Teacher

"Although I have hit a plateau, I know why, thanks to Wondr. This has been the best program for me to help me get healthier and to lose weight. I have skills that have been cemented into my daily life that I never even imagined, thanks to this program. I cannot say enough positive things about this program. Thank you to the Doctors, Nutritionists, and Coaches."

State Government Employee

"I just want to share with everyone my good news from my doctor visit yesterday. I had an appointment with my diabetic doctor and after performing my routine check-up and blood work, she found that my A1c had dropped from a 6.8 to a non-diabetic level of 5.6. Thanks to Wondr and sticking to the 10-5-10 on my eating and staying hydrated, I not only limited my sugar and eating habits but because of the results of my tests, I left my doctor feeling more confident than ever. When I told her about the Wondr program, she said it sounded great and after she reviewed the results, she was very proud of the numbers. Thanks Wondr for giving me the support and confidence I needed."

A benefit that actually benefits



Wondr Health™ is a digital behavioral change program that focuses on weight management to help people drastically improve their physical and mental wellbeing with clinically-proven skills and practical tools.

Our program is super easy to implement and highly personalized to fit each individual's needs. So rather than investing in separate point solutions that manage symptoms, employers can address the root cause of chronic disease through our program. This helps prevent and reverse costly conditions, enhance productivity, increase engagement, and significantly decrease claims costs—which means it will improve the overall health of your company, too.

Plus, Wondr can be set up to be billed as a medical claim, which means no lengthy contracting processes and no out-of-pocket costs for participants.

Clinically-proven results & no frills, hard ROI

1.4x ↑
THIRD-PARTY VALIDATED FINANCIAL ROI
Wondr clients see a 1.4x return on investment.

84% ↓
LOST WEIGHT
Plus 85% of participants felt more in control of their weight.

50% ↓
OF MEN REVERSED METS
30% of women reversed MetS

50% ↓
REVERSED HIGH BLOOD PRESSURE
*Among those who lost 5-10% of their weight.

“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

Our secret sauce

Wondr isn't a diet—there are no restrictions, points, or plans. Based in behavioral science, Wondr is a program that teaches clinically-proven skills - like the science of eating pizza or the science of catching the best zzz's to help participants lose weight for good and feel happier and healthier than ever.

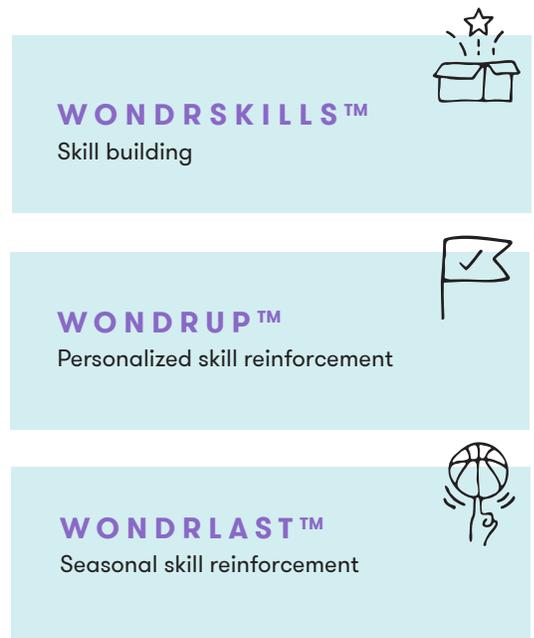


How Wondr works

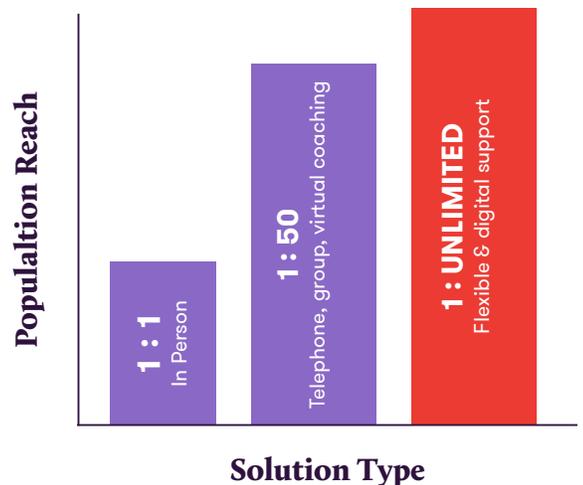
Wondr is a year-long program broken up into three phases: WondrSkills (foundations), WondrUp (reinforcement), and WondrLast (maintenance). A masterclass of sorts, our renowned team of experts teach science-based skills through weekly videos as well as live support from certified health coaches. Wondr is delivered 100% digitally, making it infinitely scalable and allows participants to access their program anytime, anywhere. Through the mobile app, website, text messages, and WondrLink (our online community), members will have 24/7 support to help them stay on track, connected, and inspired.

Our digital curriculum guarantees every participant gets high-quality, consistent instruction from our expert panel of highly credentialed clinicians without the hefty price tag associated with traditional one-on-one coaching. Wondr allows employers and plan sponsors to maximize the impact they can have on their population's health.

And implementation is super easy—we'll handle everything from enrollment to program engagement communications to launch in 6 weeks or less.



Infinitely Scalable



What's included?



FOR EMPLOYERS AND PLAN SPONSORS:

- ✓ Clinically proven results
- ✓ Third-party validated ROI of 1.4X
- ✓ The easiest implementation ever
- ✓ Optional claims billing through many leading health plans, TPAs, & PBMs
- ✓ Employee engagement experts to tailor program roll-out to your population
- ✓ A co-branded Wondr website and tailored enrollment communications
- ✓ Custom marketing materials
- ✓ Reporting on enrollment, participation, weight loss, & more
- ✓ Post-program participant feedback
- ✓ A healthier, more connected workforce



FOR PARTICIPANTS:

- ✓ Weekly, personalized video lessons delivered online for added convenience & increased engagement
- ✓ Digital dashboard for interactive learning, goal setting, tracking, & more
- ✓ Welcome kit to build excitement & set intentions
- ✓ Tailored communications (email, text messaging, & app notifications) to promote program adherence & accountability
- ✓ Options to connect live with health coaches to overcome hurdles & address unique challenges
- ✓ Mobile app for on-the-go access, skill reinforcement, & habit formation
- ✓ Online community for social support
- ✓ Tools to provide feedback & encourage mastery & accountability
- ✓ Personalized curriculum for a customized participant experience
- ✓ Integration with activity trackers, scales, & voice-controlled speakers (e.g. Amazon Alexa)

Learn more about how Wondr can start improving the health of your employees—and your company:

Visit wondrhealth.com

¹2019 Wondr (formerly Naturally Slim) Clinical Strategy Analysis conducted by leading, multi-state health plan's Clinical Strategy Team

²Ernest, C.P., et al. *Journal of Metabolic Syndrome & Related Disorders*, September 2015

³*Journal of Occupational and Environmental Medicine*, Volume 58, Issue 12, December 2016

⁴Naturally Slim Book of Business One-year Follow-up Survey 5Boudreau DM, et al.,

Metabolic Syndrome Related Disorders, 2009 6K.G.M.M. Alberti, FRCP, et al, *Circulation*, 2009

Expect stress-free implementation.



No contract needed and we do all the heavy lifting.

Ever wonder if there was a health improvement benefit that could not only take the burden off of your employees, but off of your HR team, too?

With Wondr Health™ you can implement in **six weeks or less**—with no up front fees or crazy contracts, and we do all the heavy lifting.

Here's what you can expect:

- **6 WEEKS OUT: Nail down the details.**
 - We'll assign you a client operations manager (your point person).
 - You'll choose program start date, marketing engagement theme, and set key milestones.
- **5 WEEKS OUT: Prepare for launch.**
 - You'll get a custom enrollment path, including a personalized application microsite with everything your employees need to know about Wondr in one place.
- **4 WEEKS OUT: Get the party started.**

You'll implement a ready-made, tailored communications strategy to promote the program to your employees.
- **2 WEEKS OUT: Process applications and tech setup.**
 - We develop a tailored communications strategy complete with co-branded, high-touch marketing materials for your people.
 - Your Program Success Manager will:
 - Notify all applicants of their acceptance/deferral
 - Set up all billing
 - Work hand-in-hand with your tech team to whitelist appropriate email addresses so the Wondr program reaches the right employees.
- **1 WEEK OUT: Build excitement.**
 - Participating employees will receive a welcome kit (at no additional cost to you) with a few essential and fun items.
 - We'll tell them all they need to know to get ready for life-changing results.
- **LAUNCH DAY: Let's go!**
 - Participants will receive a welcome email with all the details they need to begin the program that will help them lose weight, feel better, and live stronger.

POST LAUNCH:
Our work doesn't stop after launch.

For participants:

We have tailored in-program and outside-of-program communications (email, SMS, and social) designed to keep your people engaged and on track toward reaching their health improvement goals.

For you:

We provide communication materials for you to help promote participation in the program, too. We'll also provide custom quarterly program reporting so you can measure the impact on your population.

“ The implementation was smooth, relatively quick, very easy, and then [Wondr] is literally on cruise control.”

– LAURA CHAMBERS,
Director for Employee Benefits,
University of Texas System



About Wondr Health

Wondr Health is a digital behavioral change program, focused on weight management, that helps employees improve their physical and mental wellbeing through simple, interactive, clinically-proven skills and practical tools.

Led by renowned doctors, scientists and certified coaches, our easy-to-access and engaging digital content will teach employees things like the best way to say “yes” to Pizza Fridays. Or how shaking off a stressful meeting could help them shed pounds. To date, we've helped hundreds of thousands of people through organizations nationwide.

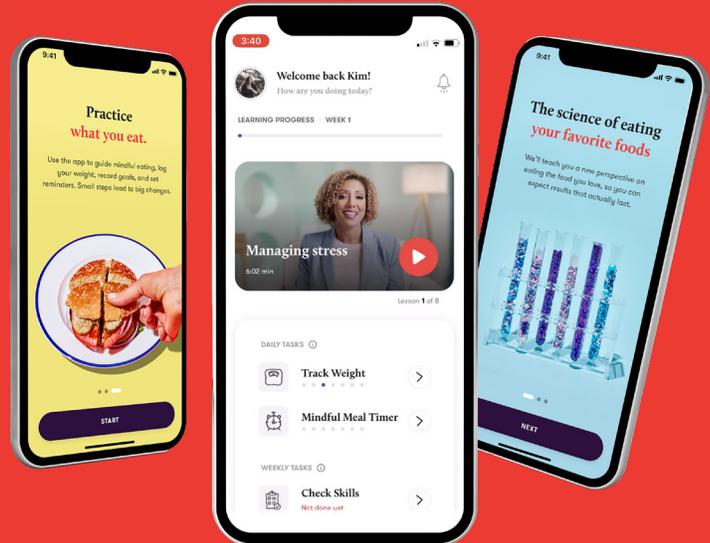
Rest assured you can expect happier, healthier, more resilient, and connected employees—which is something everyone benefits from.

Learn how you can wow your employees—and your CFO—with Wondr by contacting us at www.wondrhealth.com

The Wondr Program: Curriculum Overview

Our unique curriculum is founded in behavioral science and highly personalized to drive sustainable outcomes for all.

Wondr™ is the leading digital behavioral change program that treats the root cause of obesity and chronic disease. A master class of sorts, our renowned team of experts teaches science-based skills through weekly videos. The entire experience is based in the science of behavior change and designed to drive engagement and positive health outcomes. Plus, since Wondr is 100% digital, the program is built for hyper-personalization and scalability.



3 Stages of Wondr

Wondr is a year-long, 100% digital, on-the-go experience broken up into three phases that build upon each other.

- **WONDRSKILLS™**
Learn simple, repeatable skills through personalized weekly lessons tailored to unique eating and activity behaviors.
- **WONDRUP™**
Practice and build on foundational skills to prevent weight regain.
- **WONDRLAST™**
Maintain progress and keep the weight off with weekly episodes on participant-requested and seasonal topics based on the latest research.

PHILOSOPHIES

Our philosophies are the basis of our curriculum that lead to long-lasting health improvements through sustainable results.



Food & nutrition

Eating patterns are best based on whole foods, personal preferences, cultural traditions, budgetary considerations, and health needs.



Physical activity

Personalizing physical activity enables participants to more consistently lose weight, relieve stress, and better perform everyday activities.



Motivation

We seek to fuel motivation within the participant, and every interaction matters—it's the power of internal motivation that drives long-lasting change.



Sleep

Sleep is essential to weight management, health, and wellbeing. It impacts overall quality of life.



Resilience

Resilience goes beyond physical health and calls for the ability to practice healthy self-care, create connection with others, and develop a balanced perspective.



Diversity & inclusion

To make an impact on a person's health, you need to meet with them where they are culturally, relationally, and socially.

CORE CURRICULUM

Each week of the program is made up of multiple video lessons, including core content for all participants, plus personalized behavioral strategies based on individual participant's eating and physical activity preferences.

CORE CONTENT (ALL PARTICIPANTS)

- ✓ Behavioral eating skills
- ✓ Nutrition
- ✓ Sleep
- ✓ Motivation
- ✓ Resilience
- ✓ Inspiration & Fun
- ✓ More

PHYSICAL ACTIVITY CONTENT (PERSONALIZED)

- ✓ Physical activity strategies for inactive people
- ✓ Physical activity strategies for already active people
- ✓ Physical activity strategies for people who are active at work **(first-of-its-kind)**

EATING BEHAVIORS CONTENT (PERSONALIZED)

- ✓ Eating strategies for social situations
- ✓ Eating strategies for emotions/stress
- ✓ Eating strategies to manage persistent hunger
- ✓ Strategies to reframe an all in/all out mindset
- ✓ Secrets of successful weight loss participants

PERSONALIZED CURRICULUM

Participants receive tailored content relevant to their unique health improvement goals, challenges, & lifestyles.

Physical Activity

Three tailored physical activity tracks that make movement more personally relevant, accessible, and enjoyable including a first-of-its-kind occupational activity track.

- ✓ **Inactive** - the goal is to create a structured plan focused on enjoyable activities.
- ✓ **Already Active** - the goal is to create a structured plan that balances out current activities.
- ✓ **Work Active** - the goal is to create a structured plan that supports the core, lower back, and other muscle groups being used at work.

Eating Behaviors

Through behavioral surveys, Wondr empowers participants to address their root cause of weight gain with custom strategies for unique eating habits and challenges.

- ✓ **Eating Around Emotions** - Eating when you experience strong emotions like stress, anxiety or sadness.
- ✓ **Persistent Hunger** - It feels like you're constantly hungry and could eat anytime, anywhere.
- ✓ **Eating in Social Situations** - Eating in situations like family events or work functions when you are not truly hungry.
- ✓ **All In/All Out** - Taking an all or nothing approach to losing weight—you're either totally on or totally off and nothing in between.



90% of participants who received personalized eating behavior content felt it was **relevant to their individual weight loss journey**

Personalization in Action

Participants complete a quick 20-question survey during Week 1 to discover the eating challenges they experience. The results trigger a tailored program that emphasizes certain topics relevant to their individual needs.

Sample participant journey:

Every journey is highly personalized, but here's an example of a journey for someone who's results shows they exhibit "All in/All Out" eating behaviors and are "Work Active".

WondrSkills™

SESSION ONE

- Intro to your eating behavior
- Reasons why we eat
- Between-Meal Skills
- Tips to determine your hunger pattern
- How to start a sugar reset
- Information on health considerations

SESSION TWO

- During-Meal Skills
- Intro to the "All In/All Out" mindset
- Wondr mindful eating exercise
- The benefits and pitfalls of calorie-counting
- How to leverage flavor to lose weight

SESSION THREE

- How to set goals to help yourself succeed
- Practice with deep breathing for in the moment stress management
- Trade stress eating for healthier alternatives

SESSION FOUR

- How to find hidden sugars in common foods
- How to reframe false food beliefs
- The benefits of tracking for successful weight loss
- Strategies to maximize meal fullness

SESSION FIVE

- How to optimize fat-burning
- Real time practice with emotional eating skills
- Personalized activity and strengthening strategies to support you on the job

SESSION SIX

- The secret to handling buffets and holidays
- Body-mind nutrition for a healthy, vital life
- How changing your mindset can increase weight loss success
- The power of sleep for weight loss and health

SESSION SEVEN

- Strategies for using Vital Needs to manage stress
- Understanding how metabolism affects weight loss
- How to manage impulse food purchases
- Habits for maintaining a healthy heart

SESSION EIGHT

- How to pick an eating pattern based on your personal tastes
- Body calming strategies to turn down stress
- Shop, store, cooking strategies to manage hunger
- How to create your sleep environment
- Chef tips to eat across the rainbow for variety and flavor

SESSION NINE

- How to stay in control of your food choices
- How to use activity breaks to strengthen your core and back, enhance mobility, and reduce joint stiffness
- Tips for moderating alcohol to support your weight and health goals
- How to take advantage of the power of protein

SESSION TEN

- How non-food rewards help drive weight loss success
- How to lean into a more positive body image
- Easy meal prep ideas for getting dinner on the table fast
- Chef-inspired techniques to ignite the flavor of your favorite entrees
- Insights on what you eat, drink, and think can improve the quality and quantity of your sleep
- How to build lifelong resilience

SESSION 11

- The connection between activity, hunger, and stress
- How self-compassion makes healthy changes easier
- How to use a body scan to choose the right activity break for you
- Skills to protect your immunity

SESSION 12

- Strategies to reset your goals to ensure long term success
- How advancing your activity plan will enhance musculoskeletal health and support weight maintenance
- Natural sleep aids to support quality sleep
- Chef skills for building flavors within a meal

And more...

Participants continue their journey in the next two phases, WondrUp™ and WondrLast™ with unlimited, 24/7 support from coaches and an online community of participants on WondrLink™.

WONDRUP™

After completing the first phase, participants will move into the WondrUp phase. This phase will reinforce the learning provided in WondrSkills and will allow participants to tune-up their learning in the areas they need it. This includes refreshers on many of the skills learned and topics covered in WondrSkills—including stress management, improved sleep, and increasing resilience. New topics will also be covered such as Brain Health, Relapse Prevention, and Body Positivity.

WONDRLAST™

After completing WondrSkills and WondrUp, participants will receive ongoing support to help them maintain their new healthy habits in the face of real-life challenges. Our team is there to provide extra motivation and encouragement for continued weight maintenance. WondrLast includes new weekly episodes from our instructors and coaches which address topics requested by participants. Supplemental content will be released to provide additional coaching based on the most up-to-date research and seasonal topics.



“Sometimes you do things out of habit, without much thought. This program really helped me to look at it from a different way—as a behavior to modify.”

Chaz N.

LOST **77 LBS**
GAINED **CONFIDENCE**

Contact us.
Visit wondrhealth.com.

 **wondr**HEALTH | FORMERLY
NATURALLY SLIM

The science of Wondr



Five published, peer-reviewed studies show the kind of science-based, data-backed outcomes your people can expect.



Company Description

Wondr Health™ (formerly Naturally Slim) is a digital behavioral change program that teaches clinically-proven weight management skills. We flip diet culture on its head by teaching employees the science behind eating the food they love so they can lose weight for good, prevent chronic disease, and improve overall physical and mental wellbeing. Wondr was born in the benefits industry and is backed by 10+ years of clinical research and a decade of measurable results featured in five peer-reviewed studies.



Why we did the studies:

Any marketing department can tell you their program works, but we'd rather let the science do the talking.

There's no shortage of restrictive programs that don't actually deliver meaningful, sustainable results. We want our clients to have more than just our word that Wondr works.

Our world-class clinical team performed studies that irrefutably support the key pillars of our program and validate our long-lasting clinical outcomes, ROI, and scalability. In short, we're clinically-proven, data-backed, sustainable, accessible, and ridiculously passionate about what we do.

We set out to let the science do the talking. Here's what it said:



1. Results

84% lose weight
10.6 lbs lost in the first 10 weeks
83% maintain weight loss

With any health improvement program, clinical outcomes are key. So let's start with the basics: **Does the program actually work?**

Our first two peer-reviewed studies, published in the *Journal of Metabolic Syndrome and Related Disorders* and the *Journal of Occupational Disorders*, proved that it does.

The Wondr Health program teaches participants the skills they need to lose weight and maintain their weight loss for the long term.

- **84%** of participants lose weight¹
- Participants lose an average **10.6** lbs in the first 10 weeks²
- **83%** of participants maintain weight loss after one year³

Our weight loss results are really only the tip of the iceberg. By addressing the root cause of a health condition instead of the symptoms, Wondr reverses chronic disease.

- **50%** of participants reversed MetS⁴
- **55%** of participants reduced their Type 2 diabetes risk⁵
- **50%** of participants reversed their high blood pressure (of those who lost 5% or more of their body weight)⁵

Here's why it matters:

You'll see the results on your claims reports.

Wondr Health not only lifts the burden of MetS, hypertension, and Type 2 diabetes off of your employees, but does the same kind of lifting off of your claims reports, too. That means you get healthier, more productive employees and spend less on healthcare.



2. Scalable

111k participants in our 3rd study
750k participants to date

Dated, health coach-centric models aren't scalable and don't provide a consistent experience for participants. Wondr delivers expert, timely, personalized digital coaching to large populations, which makes our program infinitely scalable, sustainable, relatable, and effective.

- 111k** participants participated in our third published study, demonstrating program convenience, flexibility, and ability to scale
- To date, **750k** participants have enrolled in the NS program

Here's why that matters:

Wondr is infinitely scalable. Participants can access the program anytime, anywhere, from their own device. We have over 800 clients ranging in size, industry, and needs. Whether you have 100 employees or 50,000 employees, a traditional office or employees in the field, we've got you covered.



3. Sustainable

Repeat engagement results in a weight loss of

4.9– 5.1%

Okay, so your program works. **But is it sustainable?**

Employers need benefits that guarantee results year-after-year, and our fourth published study, *Efficacy of Reengaging in an Employer-Sponsored Weight Loss Program*, proved that the longer our participants stick with us, the better their results.

In fact, participants that took the Wondr program for a second time lost the kind of weight that reduced their risk for costly conditions like Type 2 diabetes, heart disease, and certain cancers. **Repeat engagement results in a weight loss of 4.9- 5.1%**, recognized within expert guidelines to be clinically significant for disease risk reduction.⁶

Here's why that matters:

Our clients rely on Wondr Health to help drive clinical outcomes that keep their people healthy and their costs low. We help people get healthy and stay that way.



4. Accessible⁷

Behavioral programs that include personal learning were a powerful way to help employees achieve weight loss—for **all education levels**.

In our fifth study, we proved that anybody can be successful in their weight loss journey with Wondr Health, regardless of their educational background. Those who participated in eight or more weeks of the program were significantly more likely to achieve a clinically-beneficial weight loss than those attending fewer than seven classes. These findings proved that behavioral programs that include “personal learning” on an online platform or app were a powerful way to help employees achieve weight loss—for *all* education levels.

Here's why that matters:

Wondr Health supports the needs of your population, no matter their background or history. We meet people where they are. Our program is designed to break down weight loss barriers and improve the health of all people, regardless of education level.

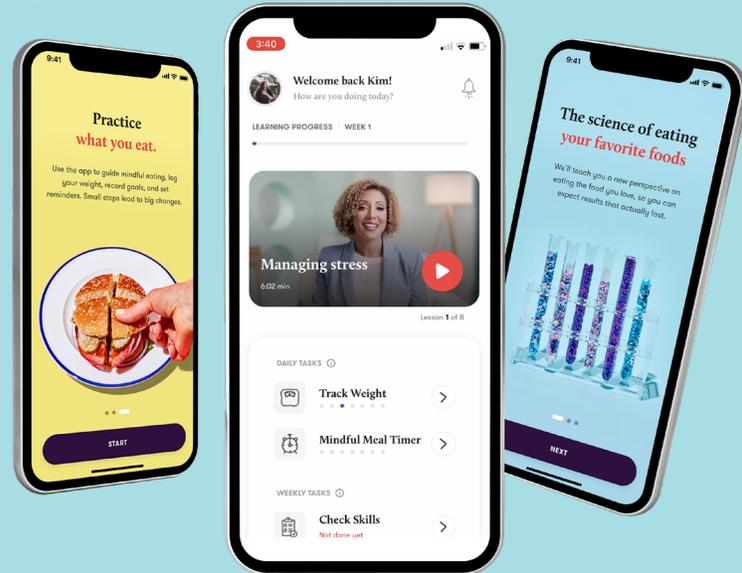
Wondr. Expect a program that drives clinical outcomes, lower claims costs, improves quality of life, and can reach any and all of your people.

- 1 *Journal of Occupational and Environmental Medicine* (2016)
- 2 *Journal of Metabolic Syndrome and Related Disorders* (2015)
- 3 Naturally Slim internal research survey of 2,000+ participants (2017)
- 4 *Journal of Metabolic Syndrome and Related Disorders* (2015)
- 5 *Journal of Occupational and Environmental Medicine* (2016)
- 6 *Journal of Occupational and Environmental Medicine*, Volume 61, Issue 12, December 2019
- 7 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7537736/> *Journal of Occupational Medicine* (2020)

Expect more

The Wondr participant experience

Wondr is the leading digital behavioral change program that treats the root cause of obesity and chronic disease. A master class of sorts, our renowned team of experts teach science-based skills through weekly videos that participants can access anytime, anywhere. Plus, since Wondr is 100% digital, the program is built for hyper-personalization and infinite scalability.



Based in behavioral science, the entire experience is designed to drive engagement and health outcomes. Here's what that looks like:

- ✓ A world-class line up of renowned instructors who are experts in their fields
- ✓ Research-based, tailored content tracks for physical activity and eating behaviors based on users' goals, lifestyles, and preferences
- ✓ Skills Checks, quizzes, and in-the-moment tools to reinforce learning and create results that last
- ✓ Non-video, off-line resources like downloadable tip sheets for all types of learners
- ✓ Welcome Kit with components designed to excite participants and keep them on track towards their goal
- ✓ Built-in 24/7 online support and community with access to certified health coaches



The 3 phases of Wondr

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

- **WONDERSKILLS™**
Learn simple repeatable skills.
- **WONDRUP™**
Reinforce and practice skills.
- **WONDRLAST™**
Maintain skills and progress.



Getting personal

True to our mission of doing the most good for the most people, every element of the Wondr program speaks to all—regardless of demographics, cultures, eating preferences, or lifestyles.

Participants get personalized, tailored content that's relevant to their unique challenges and goals and proven to help them succeed.

EATING BEHAVIORS

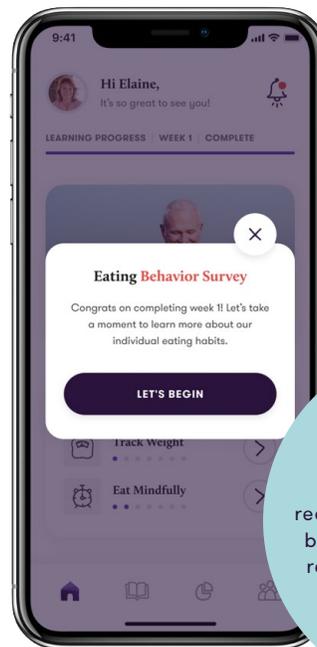
Using a clinically-validated approach, Wondr helps participants address the root cause of weight gain by providing custom content and strategies for each participant's unique challenges, such as emotional eating or persistent hunger.

PHYSICAL ACTIVITY

Research-based behavioral strategies drive three tailored physical activity tracks that make movement more personally relevant, accessible, and enjoyable across the activity spectrum—including a first-of-its-kind occupational activity track.

Our clinical team

Our clinicians aren't just the leading experts in their fields—they also bring an unmatched understanding of how to use behavioral teaching methods to keep people engaged and make the biggest impact.



90%

of participants who received personalized eating behavior content felt it was relevant to their individual weight loss journey

MEET A FEW OF OUR EXPERTS



Dr. Tim Church,
MD, MPH, PHD
Weight Loss Expert



Dr. Dana Labat,
PHD,
Clinical Psychologist



Renee Rogers,
PHD, FACSM,
Exercise Expert

WondrStories

“Wondr [is] a program that piques our members’ interest with their commonsense approach to health, engaging curriculum, and providing consistent success. The program yields strong habits for sustainable outcomes.”

Sara Correnti,
MANAGER, HEALTH & WELFARE
CONCORDIA PLANS

“As I got into the psychology behind it, the health coaches, the doctors, the nutritionists, all of it just started clicking with me. It’s why we eat, how we eat, not just what we eat.”

Gail
LOST **35 LBS**
GAINED **CONFIDENCE**

Contact us to request a demo at
go.wondrhealth.com/request-demo

wondr HEALTH™ | FORMERLY
NATURALLY SLIM

Case Study: Wondr Health™ & State of Kansas

Wondr Health partnered with the State of Kansas to deliver the most successful behavior change program ever offered to state employees.

The client

WHO:

State of Kansas

INDUSTRY:

Public Sector

SIZE:

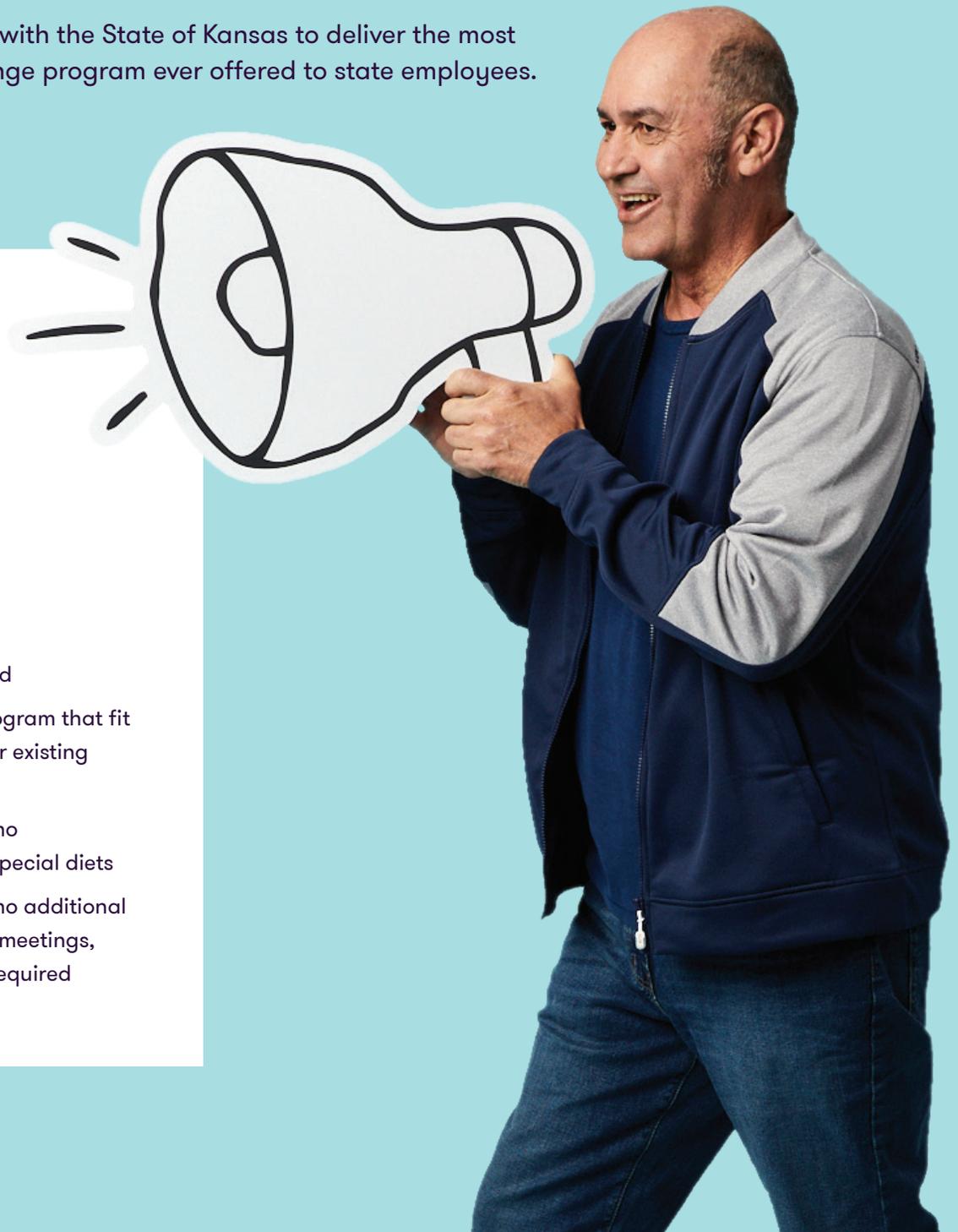


60k+

Employees

CHALLENGES:

- Geographically dispersed
- Needed a weight loss program that fit in with the criteria of their existing benefits platform
- Needed a program with no pre-packaged meals or special diets
- Needed a program with no additional membership fees, group meetings, or software installation required for statewide access



State of Kansas employee population case study: Improving workforce health year-after-year

SPRAWLING STATE NEEDED A SCALABLE SOLUTION

Kansas is the 15th largest state in the United States—covering more than 82,000 miles, 105 counties, and nearly three million residents across a varied sprawl of metropolitan, rural, and urban areas. For any employee benefit program to make an impact, it needs to be a digital solution that provides online access, no matter where Kansans work, live, or play. The state spent three decades searching for the right health improvement program for its employees and finally found the answer with Wondr Health—the leading digital behavioral change program for weight management, metabolic syndrome reversal, and diabetes prevention.

TIME FOR A CHANGE

State leaders created the HealthQuest wellness program 30 years ago with the goal of improving employees' overall health and wellbeing. The state started a search for a new weight loss program with the following needs in mind: **no pre-packaged meals or special diets, no additional membership fees, no group meetings, and no software installation required for statewide access.**

91% of participants graduated the program



370k+ lbs lost by State of Kansas employees since 2016



34% of the state's 35,000+ participants have lost 10 pounds+ with Wondr



85% of individuals felt more in control of their weight



46% of participants have lowered their risk for type 2 diabetes



WONDR EXCEEDED EXPECTATIONS

Wondr met the qualifications and in 2017, the program was introduced to thousands of the state's employees.

- ✓ A 100% digital behavioral change program that's always accessible
- ✓ 24/7 support via the Wondr app, nudges, emails, and online health coaches
- ✓ Access to the online community WondrLink™ for social support
- ✓ Wondr is not a diet: no points, plans, or special foods
- ✓ The coinciding custom incentive program
- ✓ No up-front fees
- ✓ Reduced healthcare spend

Contact us to get results like these for your population at wondrhealth.com

5 YEARS AND GOING STRONG

“We were looking for this type of program for a long time. Not only is it the easiest wellness program we've implemented, but it is also the most successful one we've ever implemented.”

— Jennifer Flory,
SPECIAL PROJECTS COORDINATOR,
EMPLOYEE HEALTH BENEFITS, STATE OF KANSAS

*Stats from Wondr Health Book of Business

Case Study: Wondr Health & Higher Education

How Wondr Health helped 47% of a state university system's participants reduce their risk of type 2 diabetes

The client

WHO:

A nationally recognized state university system

INDUSTRY:

Higher education

SIZE:



100k+

Staff



230k+

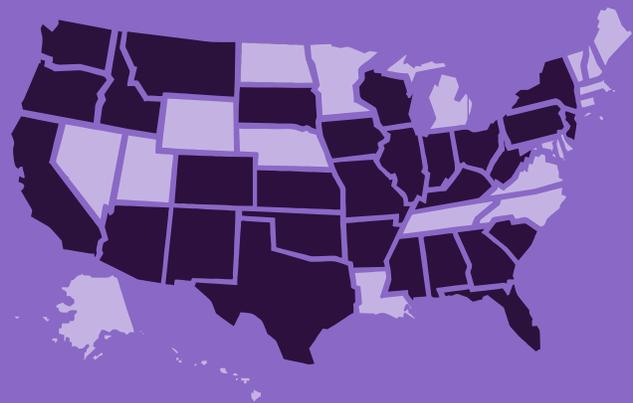
Students

CHALLENGES:

- Limited budget and resources
- Buy-in from Board of Regents required
- Consistent communications and rollout needed for all institutions across the state
- Increasing costs associated with age and obesity-related conditions

Wondr Health is the leader in the public sector

From state agencies and local governments to university systems and municipalities, Wondr has been offered to millions of people working for public entities nationwide. Implementation is easy with Wondr. With the ability to bill as a medical claim, there are no lengthy contracting processes and it's ready to launch in 6 weeks or less.



■ STATES WE PARTNER WITH

Wondr checked all the boxes

- ✓ A 100% digital behavioral change program that's super accessible
- ✓ Tailored, custom communications created by Wondr
- ✓ 24/7 support via the Wondr app, nudges, emails, and online health coaches
- ✓ Stress-free implementation
- ✓ Skills-based learning program for lasting weight loss
- ✓ No up-front fees
- ✓ Reduced healthcare spend

CLINICALLY-PROVEN RESULTS

Chronic disease risk factor reversal and overall improved quality of life for university employees

139,000 lbs
LOST COLLECTIVELY



47%
REDUCED THEIR RISK
OF TYPE 2 DIABETES



93%
FELT MORE IN CONTROL
OF THEIR WEIGHT



70%
INCREASED THEIR LEVEL
OF PHYSICAL ACTIVITY



69%
FELT MORE CONFIDENT



WondrStories

“In my 22 years in this position at System, Wondr (formerly Naturally Slim) is the only benefit we have ever offered that gives us continuous positive feedback. The implementation was smooth, relatively quick, very easy, and it is literally on cruise control. We sit back and take the compliments.”

— Laura Chambers,
University of Texas System

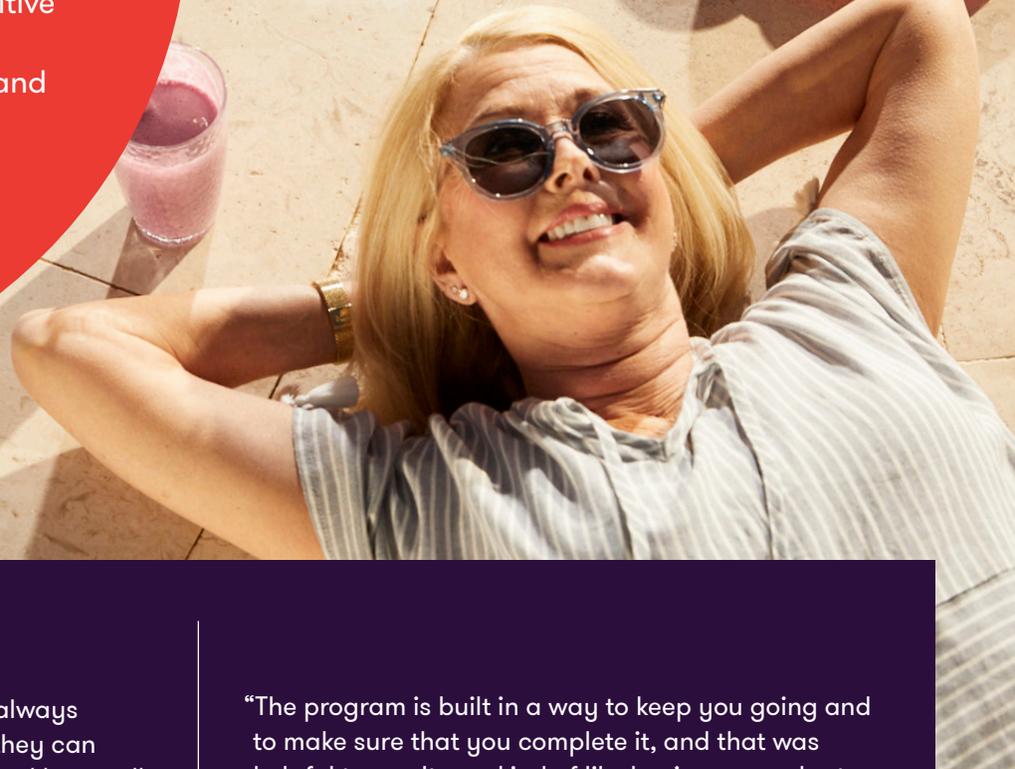
wondr PARTICIPANT

Gail M.

Administrative Assistant

LOST 35 LBS

GAINED CONFIDENCE



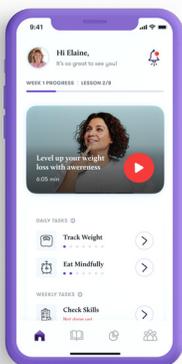
REAL RESULTS FOR REAL PEOPLE

“I’m always skeptical of these things. I always imagine that they promise more than they can deliver. It actually worked. I was surprised how well it worked and how fast the weight came off, too.”

— James P., State University System Employee

“The program is built in a way to keep you going and to make sure that you complete it, and that was helpful to me. It was kind of like having a coach at your back saying, ‘Come on, you can do it!’”

— Jacquie F., State University System Employee



Contact us to get results like these for your population

Wondr is the leading digital behavioral change program that is clinically-proven to help employees lose weight, improve their overall quality of life, and impact the clinical and financial health of organizations.

Visit www.wondrhealth.com/employers



The science of savoring a juicy burger.

Finally, a skills-based digital weight loss program where you can eat what you love and still lose weight—at no cost to you.*



[Company] is offering you Wondr™—a digital weight loss program that teaches the science of health and nutrition, so you can enjoy the foods you love. No counting calories. No restrictions. No guilt. So, go ahead, eat the cheeseburger and savor **Every. Last. Bite.**

Space is limited.

Learn more at [wondrhealth.com](#)[Shortcut].

Apply between [Date opened] - [Date closed].

The program begins on [Start Date].

*Restrictions and eligibility info can be found at [wondrhealth.com](#)[Shortcut].



No Resolutions, Just Results

Take the pressure off the New Year by joining the digital weight loss program built on behavioral science for results that last.

Block out the New Year diet trends with a program, offered by [Company], backed by science, and taught by renowned experts. Whether you love pizza or salads, the gym or the couch—we've got your back. Unlike most weight loss programs, Wondr takes a personalized approach that fits any lifestyle, leading to lasting results—at no cost to you.*

Space is limited.

Learn more at
[wondrhealth.com\[shortcut\]](https://wondrhealth.com[shortcut])

Apply between [Date opened] - [Date closed].
The program begins [Start Date].

*Restrictions and eligibility info can be found at
[wondrhealth.com\[Shortcut\]](https://wondrhealth.com[Shortcut])

wondr PARTICIPANT
Bridget J.





In just 10 weeks...

Eat the foods you love, lose weight,
and lower stress.

A lot can happen in 10 weeks. [Company] is offering Wondr’s digital weight loss program—you can eat your favorite foods and still lose weight. By learning science-based behavioral skills, you can finally feel like you have control—at no cost to you.*

Space is limited.

Learn more at
[wondrhealth.com\[shortcut\]](http://wondrhealth.com[shortcut])

Apply between [Date opened] - [Date closed].
The program begins [Start Date].

*Restrictions and eligibility info can be found at
wondrhealth.com/{company}.



Lauren L.
Working
Parent

Lost 20 lbs
Gained
Self-acceptance



Expect weight loss
better sleep
less stress
more energy
clinically-proven skills
results that last.

wondr PARTICIPANT

Jan G.

Client Research Coordinator

LOST **33 LBS**
GAINED **CONFIDENCE**

 **wondr** FORMERLY
NATURALLY SLIM

Wondr isn't a diet—it's a science.

No points, plans, or counting calories. Wondr™ is a digital weight loss program that teaches you the science of how to eat your favorite foods so you can lose weight, sleep better, stress less, and so much more. You'll learn simple, behavioral skills that are clinically-proven to improve your health.

Available at **no cost to you.**

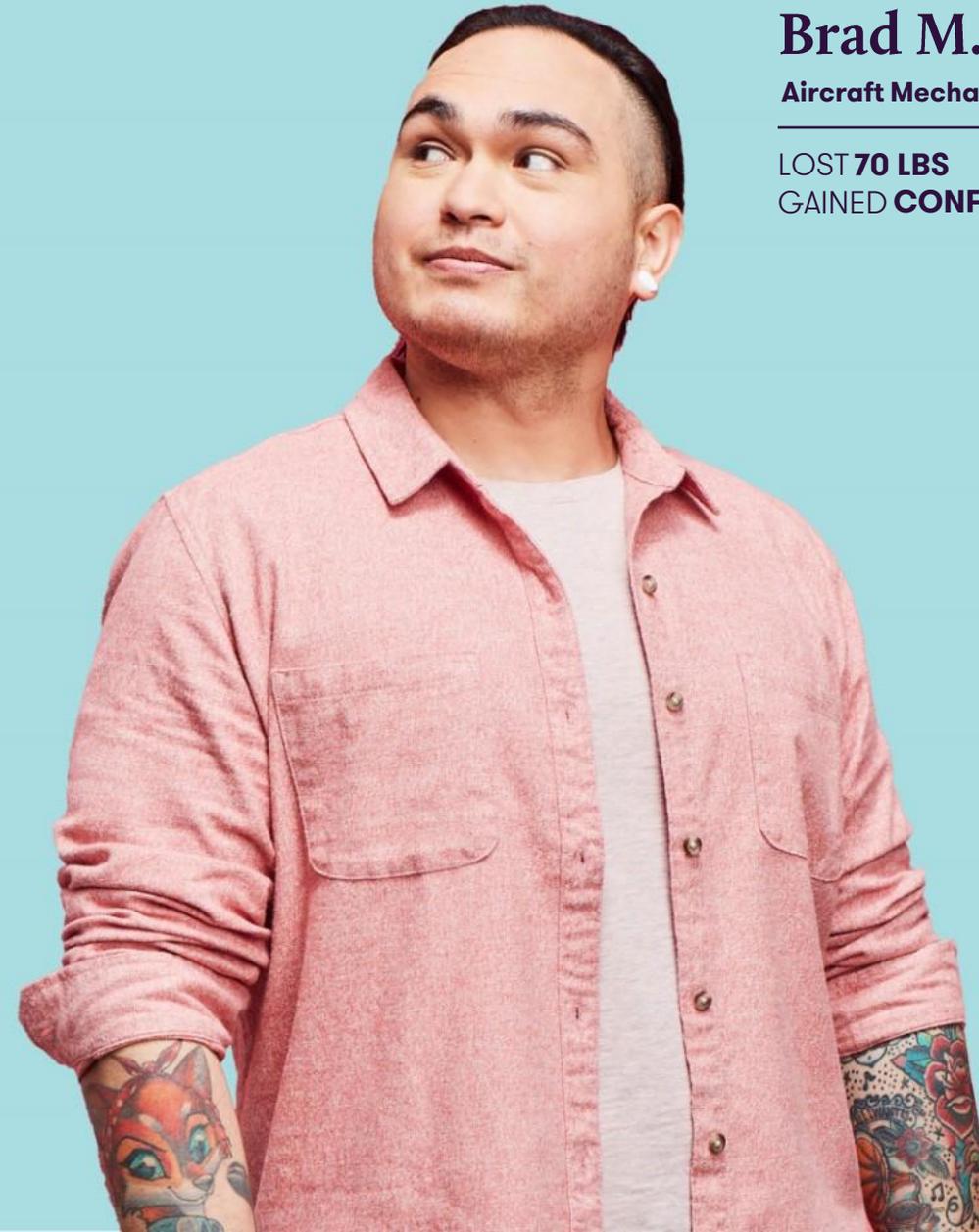
wondr PARTICIPANT

Brad M.

Aircraft Mechanic

LOST **70 LBS**

GAINED **CONFIDENCE**



A master class in mind, body, and pizza

Wondr's personalized curriculum teaches you how to listen to your body to recognize when you're truly hungry. Because it's not about what you eat—but when, how, and why you eat. So whether you're into pizza, burgers, or kale salads, our personalized master classes will help you lose weight and feel satisfied.

A "taste" of our master classes

✓ The science of losing weight

✓ How to catch the best zzzs

✓ Mmmmmindful eating

✓ Satisfy your brain

The secret sauce of Wondr

It's simple. Wondr teaches sustainable, life-long skills. It's not rocket science—it's behavior science.



Hunger and Hydration

You'll learn the science behind our bodies' need for H₂O, and how we often confuse hunger pangs for hydration!



Satisfy the brain

You'll learn about the taste center and fullness center of your brain and how to satisfy them both.



Mental & physical improvements

You'll learn how to lose weight—and sleep better, stress less, and feel more energetic.



Mindful eating

You'll learn about the different levels of hunger and how to eat the foods you love to lose weight.



The science of your best self ever

We've cracked the code on the science of improving your health and headspace with clinically-proven results that go beyond the number on the scale.

Wondr results



84%
lost weight



57%
feel their mood
has improved



62%
feel more confident



85%
feel more in control
of their weight



61%
have more
energy



68%
are more
physically active

Wondr is so much more than weight loss



wondr PARTICIPANT

Chaz N.

Grad Program Coordinator

LOST **77 LBS**
GAINED **ENERGY**

- ✓ Prevent diabetes
- ✓ Reduce stress and anxiety
- ✓ Reverse metabolic syndrome
- ✓ Increase physical activity
- ✓ Enhance immunity
- ✓ Improve sleep
- ✓ Support digestive health
- ✓ Prevent cardiovascular disease
- ✓ Improve muscle and joint pain
- ✓ Lower A1C
- ✓ Improve your quality of life
- ✓ Feel better

What you get with Wondr



Welcome kit complete with tools and encouragement



The WondrLink™ online community for social support



The Wondr blog for other relevant resources



Weekly master classes that are tailored to you



Personalized support and reminders through daily texts and nudges



Expert team of instructors via our digital platform



A 100% digital, on-the-go experience and Wondr app



Clinically-proven skills for results that last

wondr PARTICIPANT

Cheryl F.

Benefits Manager

LOST **26 LBS**
GAINED **CONFIDENCE**



A benefit built for the public sector

Wondr™ is the leading digital behavioral change program that treats the root cause of chronic disease, starting with weight loss. A master class of sorts, we teach participants the science behind eating the food they love so they can lose weight for good, prevent chronic disease, and improve overall physical and mental wellbeing.



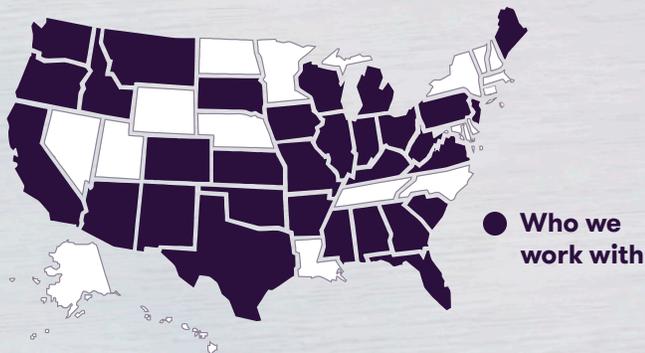
WEIGHT OF OBESITY ON THE PUBLIC SECTOR

Among the jobs with the highest levels of obesity prevalence, many fall under the public sector category:

- #1. Public administration
- #2. Utilities
- #4. Transportation and housing
- #11. Education services

Wondr is the leader in the public sector, partnering with state governments, municipalities, school systems, and other public entities in 30 states (and counting). Here's how:

- Infinite scalability giving you the opportunity to reach all of your employees and plan members with one solution
- Built for a diverse population that meets the needs of different lifestyles and working conditions



EASIEST IMPLEMENTATION EVER

Wondr can be implemented in 6 weeks or less and can be offered as a preventive care benefit by many health plans and billed seamlessly through medical claims. That means no complicated billing arrangements, no drawn-out procurement processes, and no cost-share to members.

Clinically-proven results

1.4x ↑
FINANCIAL ROI

Wondr clients see a 1.4x return on investment.

10.6 lbs ↓
AVERAGE WEIGHT LOSS

84% ↓
LOST WEIGHT

Plus 85% of participants felt more in control of their weight.

50% ↓
OF MEN REVERSED METS

50% ↓
REVERSED HIGH BLOOD PRESSURE

*Among those who lost 5-10% of their weight

30% ↓
OF WOMEN REVERSED METS

“I truly owe my life to Wondr. I’ve been overweight and a Type 2 diabetic most of my adult life. With the support and tools I’ve learned, I’ve gained more energy, confidence, and got to buy new clothing.”

— State of MO Participant, -104 lbs.

Our program

Wondr is a 100% digital, on-the-go experience that can be accessed anytime, anywhere. The personalized program is built in three simple stages for results throughout the year and beyond.



WONDRSKILLS™

Learn simple, repeatable skills through weekly master classes.



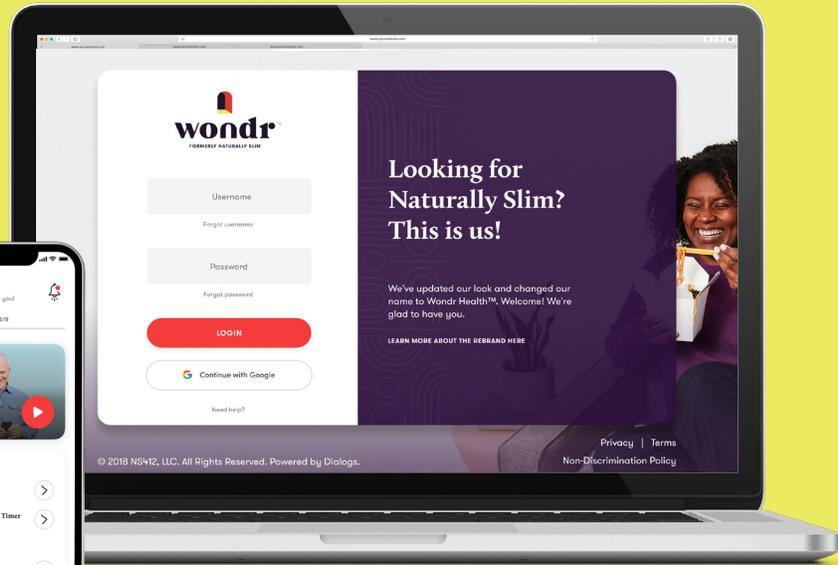
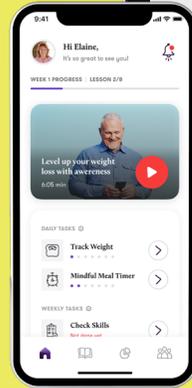
WONDRUP™

Reinforce and practice skills through weekly, personalized master classes.



WONDRLAST™

Seasonal skill reinforcement, customizable master classes that help keep the weight off long-term.



“My coworkers are energized and motivated to stay on the program and be healthier, so we can perform stressful work better. It’s an awesome program.”

— State of NJ Participant, -40 lbs

Your “and” program

We’re not replacing your diabetes management or sleep solution—Wondr can work alongside existing benefits as a standalone or integrate into your current platforms. And because our program creates healthier behaviors, Wondr goes beyond traditional prevention benefits and can actually improve the results of your other offerings.

WHAT PUBLIC SECTOR CLIENTS ARE SAYING ABOUT WONDR:

“This program has great results. The number of people impacted, the pounds lost, health conditions improved — all have an effect on one’s outlook and emotional health. It focuses on how you eat, not what you eat.”

— Richard Amos
Chief Benefits Officer, University of Kentucky

Learn more at wondrhealth.com/employers.





5 RED FLAGS

That signal a weight
management solution isn't a
good fit for your population



More than 50% of weight-loss programs lose half of their members within 3 months. **Check out page 5 to learn why.**

Table of Contents

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Exercise is viewed as a penalty.	4
The focus is on the scale, not the person.	5
It doesn't integrate into your company culture.	6
The program isn't listening to clients and participants.	7



1

Weight loss is centered around restrictions that lead to weight regain.

Banning foods that people love may initially drive weight-loss results, but it isn't a sustainable strategy. **When programs make certain food off limits, rank foods in order of good to off-limits, or have a strict calorie-counting regimen, meals become something to be analyzed rather than enjoyed.**

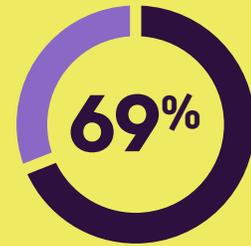
Look for a weight management program that teaches participants how to build healthy habits using the science of behavioral change. Programs that teach mindful eating can help participants learn how to truly enjoy their food by focusing on fullness and flavor—without giving up the foods that they love. When people learn skills that fit their lifestyle, such as how to enjoy a meal out with friends in a healthy way, they can achieve long-lasting, sustainable results.

Employer Takeaway:

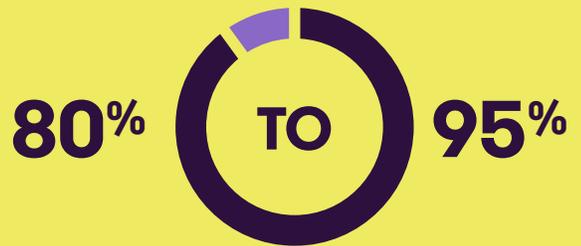
Fad diets create boomerang claims, not lasting results. To make the greatest impact with long-term results, look for a partner that teaches skills people can use in the real world, such as how to listen to hunger cues and avoid distracted eating or how to break the cycle of thinking of food as a reward such as listening to hunger cues, avoiding distracted eating, or how to break the cycle of thinking of food as a reward. These types of skills can lead to years of better health, helping your employees feel their best and boosting your company's bottom line.



Why Restrictive Diets Don't Work



of people in weight loss programs want "something they can maintain"¹



of dieters regain the weight they lost²



2

Exercise is viewed as a penalty.

When exercise is framed as a way to earn the right to eat certain foods, it creates an unhealthy relationship with food. Equating so many minutes of exercise or the ticket to enjoying a favorite food takes away the enjoyment of both the activity and the food. Likewise, if people are taught that only certain types of exercise or specific routines achieve results, exercise becomes restrictive rather than energizing.

48% of those surveyed in our latest study believe that exercise is the biggest contributor to losing weight, but research shows it takes a tremendous amount of physical activity to create enough of a calorie deficit to drive weight loss. However, physical activity is the number-one success factor for weight maintenance. Regular physical activity also has tremendous clinical and mental health benefits. It reduces the risk of diabetes, heart disease, and high blood pressure. And those with a more active lifestyle have enhanced energy, mood, and sleep and report less stress.

Employer Takeaway

Find a program that encourages both increased physical activity as well as exercise. There are dozens of ways to move without depending on a gym or special equipment. Encourage participants to look beyond burning calories and to see how exercise can provide more energy, strength, and stamina to enjoy life. When physical activity is tailored to each person's individual goals and needs, participants are more likely to adopt exercise habits they can stick with for life. This, in turn, leads to sustained weight loss and a long-term reduction in risks for chronic disease.

Personalized activity for every lifestyle

Wondr™ personalizes activity and exercise for each participant, with three activity tracks available—including a first-of-its-kind occupational track designed for people active at work.



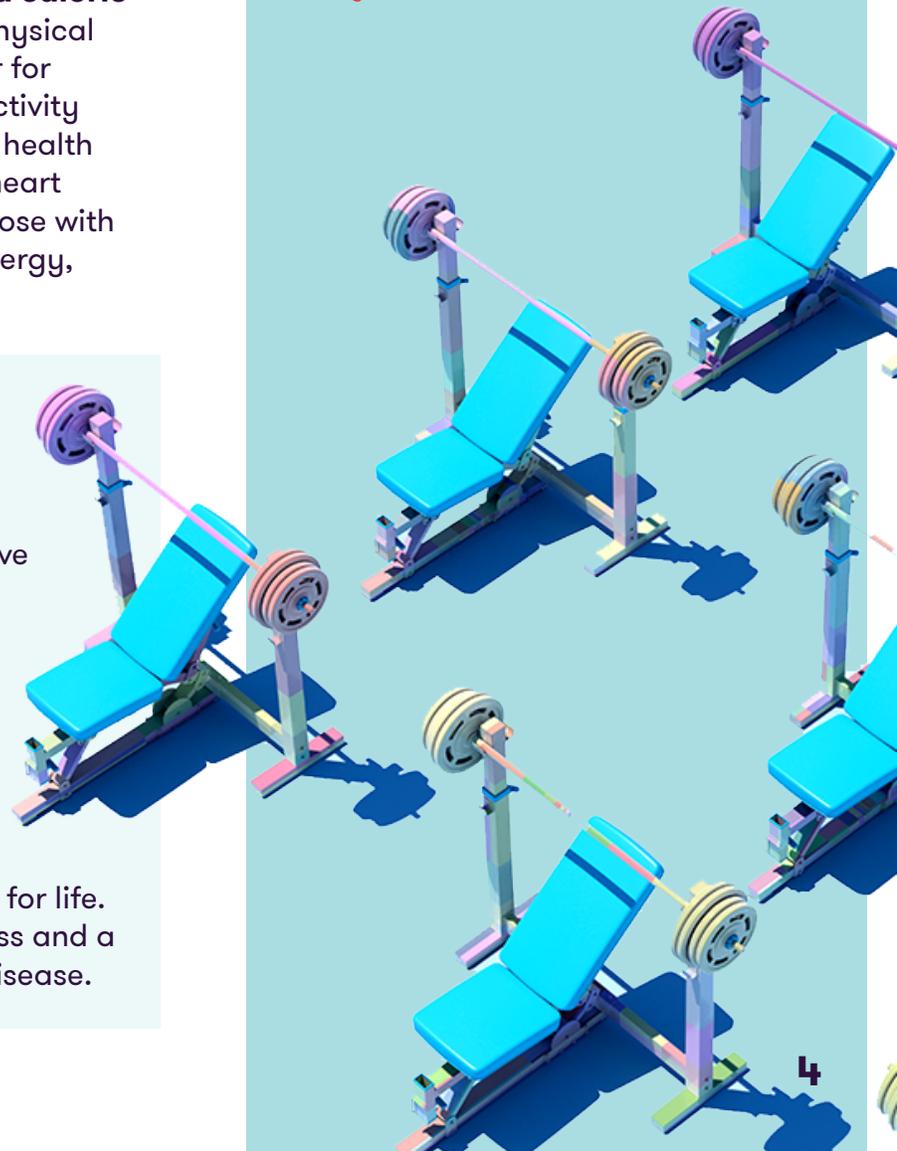
Inactive activity track



Active activity track



Occupational activity track



3

The focus is on the scale, not the person.

Motivations, skills, and habits can't be boiled down to simple math. **It's important that the program truly understands what motivates people to get healthier—and can connect with them on a personal level.**

Most participants want more than weight loss—they want to run around with their kids or to be able to climb a flight of stairs without losing their breath. They want a program that easily fits into their lives—instead of having to change their routines for a program. Successful weight management programs incorporate a behavioral change component that goes beyond weight loss and teaches participants skills and habits they can use not only to lose weight, but also apply to other areas of their life.



Top Reasons People Want to Start a Weight-Loss Program

In a recent survey,¹ thousands of weight management program participants shared their motivation behind wanting to start a weight loss program. Here's what they said:¹

81%

wanted to feel better

73%

wanted to have more energy

68%

wanted to live longer

59%

wanted to be more confident

Employer Takeaway

Scrap the cookie-cutter programs that ask for drastic lifestyle changes. To drive engagement you need a solution that can meet your people where they are. As HR leaders, you know whole health is more than your claims reports—it's an entire spectrum of mental, physical, and social health for your people. and your benefits vendors should embody that, too.



It doesn't integrate into your company culture.

Connection and community are vitally important to health and well-being. **If a weight management program doesn't have the structure to help participants feel supported and connected to others, it will experience a higher rate of participants leaving and/or not meeting goals.**

Not only should a weight management solution help participants feel connected to the program, it should also align with your company culture and values. Does the program speak to your entire population? An organization's core values could lay the foundation for what aspects of the program to focus on.

“

I didn't think this program would work for my workgroup, my ethnicity, or my gender. I didn't think this transformation was possible.

Bridget J

Lost: 30 pounds
Gained: Confidence

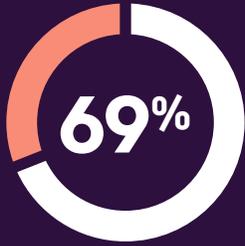
”

Employer Takeaway

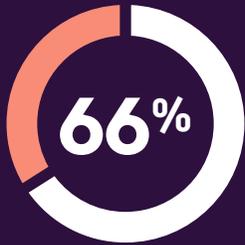
Mental health programs and weight management programs are two of the most stigmatized employer-sponsored health benefits. Organizations should create a culture of acceptance for weight management programs from the top down. Frame your program as a solution that can benefit anyone who wants a healthier lifestyle versus a benefit that is only for those with a certain diagnosis or issue. It's also important to be sure your solution has tools in place for strong support, including easily accessible ways to connect with coaches and other participants. This is especially important if work from home or social distancing measures are in place in your organization — and your benefits vendors should embody that, too.



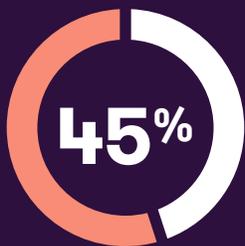
What people really want
in a weight loss program:



easy to maintain



fits my lifestyle



science-based results

Find more in our latest
consumer report:
[Navigating the diet
culture paradox.](#)

5

The program isn't listening to clients and participants.

Is your selected weight management program committed to actively improving offerings and outcomes, or is it using standards that are stuck on autopilot? Many programs use the same formula and educational materials year in and year out—as opposed to adapting via participant feedback or personalizing materials to drive engagement. Just as companies must constantly adapt to meet business goals, health programs should make adjustments as well.

In addition, any solution should incorporate personalized education, coaching, and goals. This approach allows content that's more personally relevant, accessible, and engaging for the participant.

Employer Takeaway

When considering health benefits and weight management programs, ask employees about what they want, adapt to their needs, and look for vendors that do the same. Programs that regularly seek employer and participant feedback will deliver more effective results and create better engagement.

About Wondr

Wondr is the leading digital behavioral change program that starts with weight loss and addresses the root cause of obesity and chronic disease. Participants will learn clinically-proven skills based in behavioral science to improve their mental and physical wellbeing.

Find out how Wondr can support your organization.
Get in touch at wondrhealth.com/contact.



¹Consumer report data gathered from a third-party survey commissioned by Wondr Health ²<https://academic.oup.com/ajcn/article/82/1/222S/4863393>
³<https://pubmed.ncbi.nlm.nih.gov/32238384/>



Experience the anti-diet.

No points, counting calories, or restrictions.

[Company] is offering you a digital weight loss program where you don't have to give up the foods you love. In fact, Wondr™ encourages you to enjoy Every. Single. Bite.

Our digital program based in behavioral science is available at **no cost*** and will teach you the science of eating the foods you love while still losing weight. Plus, you'll have more energy, sleep better, and feel stronger, all while reducing your risk of diabetes and heart disease.

- No diets.
- No restrictions.
- No points.
- Just results.

Space is limited.

Learn more at wondrhealth.com[shortcut].

Apply between [Date opened] - [Date closed].
The program begins [Start Date].

*Restrictions and eligibility info can be found at www.wondrhealth.com/[shortcut].





Wondr more, stress less (and lose weight).

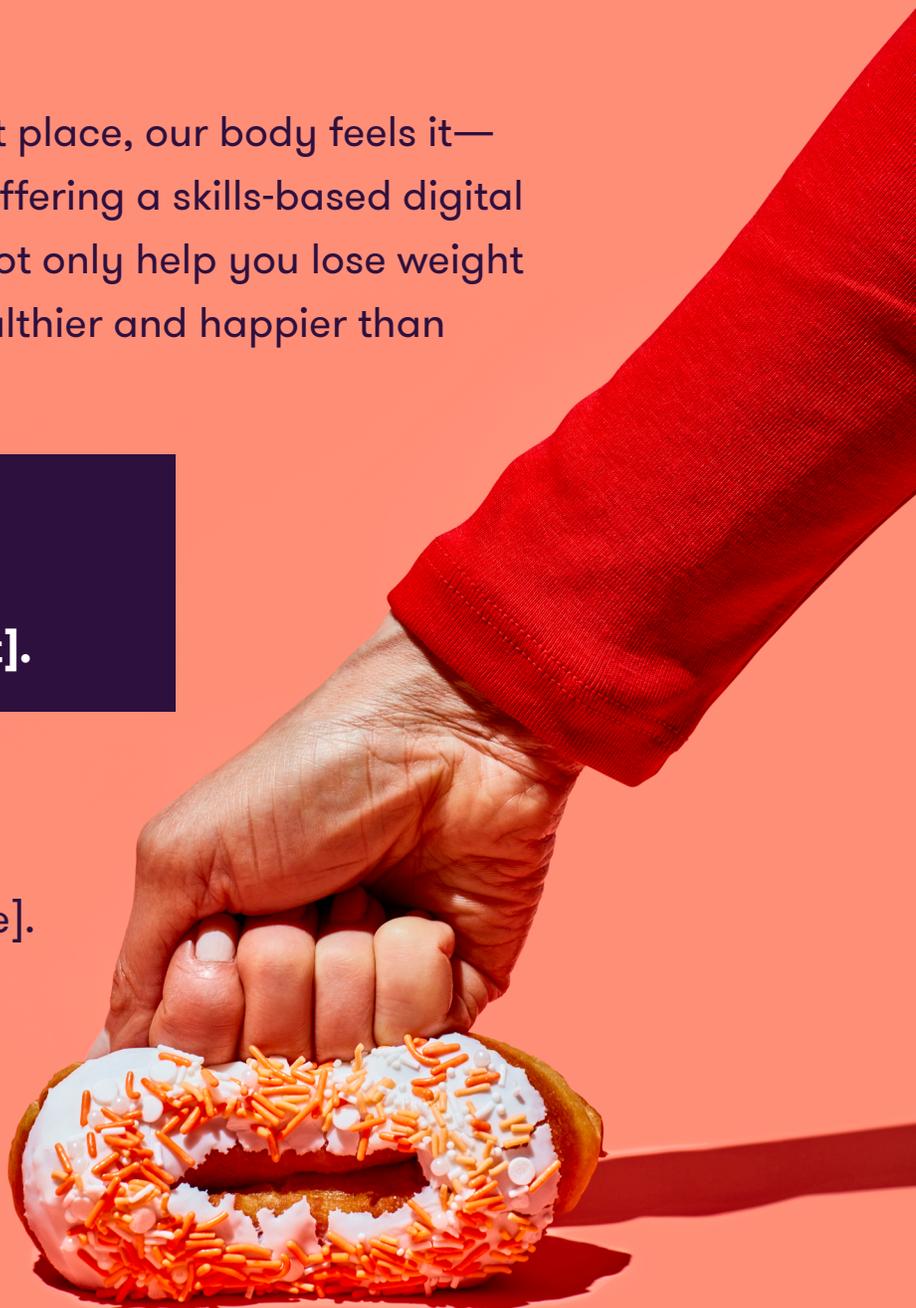
When our head isn't in the right place, our body feels it—and vice versa. [Company] is offering a skills-based digital weight loss program that will not only help you lose weight but come out of hard times healthier and happier than ever—at no cost to you.*

Space is limited.

**Learn more at
[wondrhealth.com\[shortcut\]](https://wondrhealth.com[shortcut]).**

Apply between
[Date opened]-[Date closed].
The program begins [Start Date].

*Restrictions and eligibility info can be found at [wondrhealth.com\[shortcut\]](https://wondrhealth.com[shortcut]).





Ever wonder what it would be like to lose weight and prevent diabetes ?

Wondr™ is a skills-based digital weight loss program offered by [Company]—at no cost to you*—that has helped hundreds of thousands of people in different stages of health:

- Lose weight
- Feel their best mentally and physically
- Use practical, clinically-proven health skills that become life skills

Kimberly N.
Community Manager

Lost 65 lbs
Gained Better Sleep

Space is limited.

Learn more at [wondrhealth.com\[shortcut\]](http://wondrhealth.com[shortcut])

Apply between [Date opened] - [Date closed].
The program begins [Start Date].

*Restrictions and eligibility info can be found at [www.wondrhealth.com\[shortcut\]](http://www.wondrhealth.com[shortcut]).



BEFORE





Don't Fall for Diet Trends

Block out the diet noise, enjoy your favorite fall party foods, and still lose weight

Why stress over losing weight before the holidays? [Employer] is offering you Wondr, to help you learn science-based skills to build lasting weight loss habits today—the skills diet culture won't teach you. (Spoiler: It doesn't involve giving up your favorite fall foods.)

Space is limited.

Learn more at
wondrhealth.com[shortcut]

Apply between [Date opened] - [Date closed].
The program begins [Start Date].

*Restrictions and eligibility info can be found at
wondrhealth.com[Shortcut]





Expect skills, not rules.

Learn weight loss skills based on
behavioral science.



There's a reason fad diets and the rules that come with them don't work. [Company] is offering a science-based digital weight loss program that teaches you lifelong skills on how to eat the foods you love, lose weight, and keep it off—at no cost to you.*

Space is limited.

Learn more at [wondrhealth.com](#)[Shortcut].

Apply between [Date opened] - [Date closed].

The program begins on [Start Date].

*Restrictions and eligibility info can be found at [wondrhealth.com](#)[Shortcut].