

Wondr Health™

Behavioral-based weight health solutions

Independence Administrators is pleased to offer Wondr, a leading digital behavioral counseling program for weight management, diabetes prevention, and metabolic syndrome (MetS) reduction or improvement. Wondr teaches sustainable weight loss skills that reduce health risks, improve quality of life, and reduce future claims costs.¹

Wondr isn't a typo — or a diet

Founded by a team of renowned doctors (hence no "e"), Wondr teaches your employees how to eat their favorite foods so they can lose weight and reduce and reverse chronic disease.

The details:

- 52-week program
- Delivered weekly
- Personalized master classes
- Three-stage curriculum

The Three Stages



1. WONDRSKILLS™

Learn simple, repeatable skills through weekly master classes.



2. WONDRUP™

Reinforce and practice skills through weekly personalized master classes.



3. WONDRLAST™

Maintain progress with customizable master classes that keep the weight off and so many other benefits.

FINANCIAL ROI

4.6x ROI in the plan year with net savings of \$1,154 per participant per year²

QUALITY OF LIFE IMPROVEMENTS

64% HAVE MORE ENERGY³

63% IMPROVED THEIR MOOD³

81% FEEL MORE IN CONTROL OF THEIR WEIGHT⁴

39% IMPROVED MSK PAIN³

33% IMPROVED SLEEP³

CLINICAL RESULTS

10.6 LBS AVERAGE WEIGHT LOSS⁴

Wondr checks all the boxes

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



If you have questions, please contact your Independence Administrators account executive.

For employers and plan sponsors:

- ✓ A digital behavioral change program with clinically proven results
- ✓ Improves whole health through weight management
- ✓ Highly personalized program brings better health to all cultures and backgrounds
- ✓ Stress-free implementation at no cost to you, with co-branded, custom communications and reporting
- ✓ 4.6x ROI — savings primarily due to decreases in office and specialist visits
- ✓ Future claims cost reduction
- ✓ Can be billed as a medical claim through Independence Administrators

For participants:

- ✓ 100% digital program 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 and WondrBlog for other relevant resources
- ✓ Wondr Rewards to fuel motivation and drive meaningful engagement

1 Earnest, C. P., & Church, T. S. (2015). Evaluation of a Voluntary Worksite Weight Loss Program on Metabolic Syndrome. *Metabolic Syndrome and Related Disorders*, 13(9), 406–414. <https://doi.org/10.1089/met.2015.0075>

2 Third-party validated analysis

3 Höchsmann, C., Dorling, J.L., Martin, C.K. et al. Association between weight loss, change in physical activity, and change in quality of life following a corporately sponsored, online weight loss program. *PBMC Public Health* 22, 451 (2022). <https://doi.org/10.1186/s12889-022-12835-4>

4 Wondr Health Book of Business

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wondr HEALTH™ | FORMERLY
NATURALLY SLIM