

# Science-based weight management – and more

## About Wondr Health

Wondr Health is a digital behavioral change program that teaches clinically-proven weight management skills. Members learn clinically-proven skills based in behavioral science, such as mindful eating, nutrition, physical activity, sleep and stress management to improve their mental and physical well-being.

Wondr Health can work alongside existing benefits as a standalone or enhance the impact of your other Blue Cross of Idaho clinical solutions.

## Program details:

52-week program – delivered weekly

## Three stages:

**Wondrskills™:** Learn simple repeatable skills through weekly master classes.

**Wonderup™:** Reinforce and practice skills through weekly personalized master classes.

**Wonderlast™:** Maintain progress with customizable master classes that keep the weight off, and so many other benefits.

## RESULTS: Quality of life improvements



**61%**  
have more energy



**85%**  
feel more in control of their weight



**57%**  
improved their mood



**62%**  
have more confidence

## CLINICAL RESULTS



**84%**  
lost weight  
on the program



**10.6-lb.**  
Average  
weight loss



**50%**  
reversed  
high blood  
pressure

**1.4X**

**ROI**

(continued)

## FOR MEMBERS



- 100% digital 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
- WondrLink™ online community for social support and Wondr Blog for other relevant resources speakers

## WHAT'S INCLUDED FOR EMPLOYERS



- A digital behavioral change program with clinically-proven results
- Improves whole health through weight management
- Highly personalized to bring better health to all cultures and backgrounds
- Stress-free implementation
- ROI of 1.4x
- Future claims cost reduction
- Can be billed as medical claim through existing relationships
- A benefit available to all members