



Our impact on the health-care industry

How three health-care organizations—Genesis Health System, Mercy Health, and Advent Health—successfully integrated Wondr Health™ into their employee benefits programs.

Making their health a priority

Health-care facilities pledge to provide the very best treatment and attention to their patients. But doctors, nurses, technicians, and support staff work long hours and take on high levels of work-related stress—which are all factors that can affect their own health. Notoriously, health-care 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, Mercy Health, and Advent Health 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. 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. During the 52 weeks of access to Wondr, Genesis, Mercy Health, and Advent Health participants reported an average max weight loss of 11.6 lbs for men, and 9.8 lbs for women.



Average max weight loss (lbs)



Men

11.6



Women

9.8



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



Integrated Wondr into an existing wellness platform

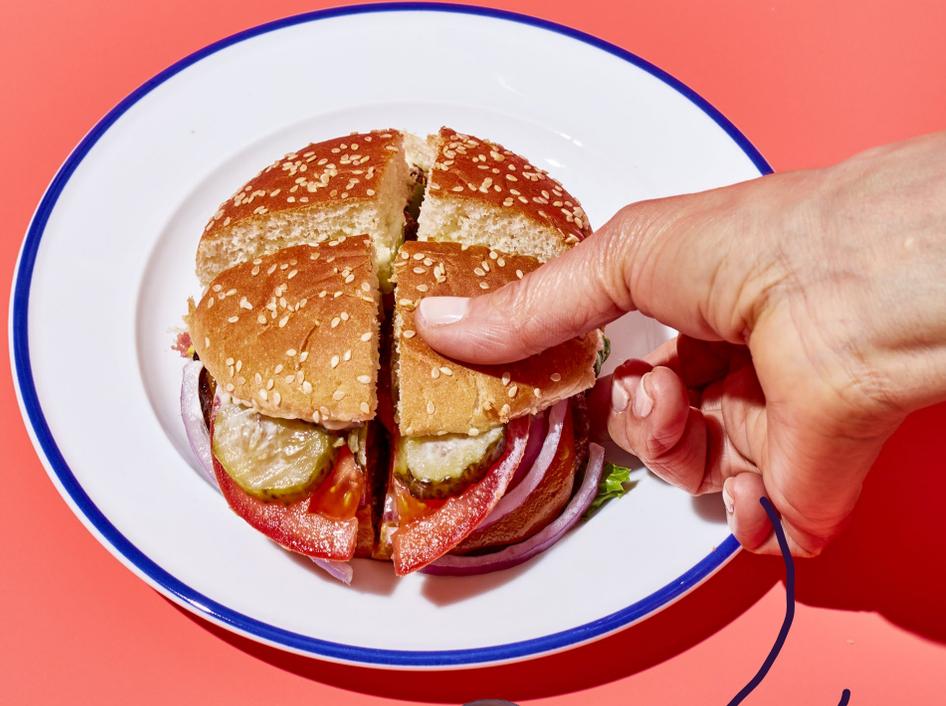


Integrated Wondr into an existing wellness platform



“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 well-being.”

—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 44% reported an improvement in their high blood pressure levels. Likewise, 40% of participants with pre-existing high blood glucose reported reduced levels across all three organizations.



Improved high
blood pressure

44%



Reduced blood
glucose

40%

