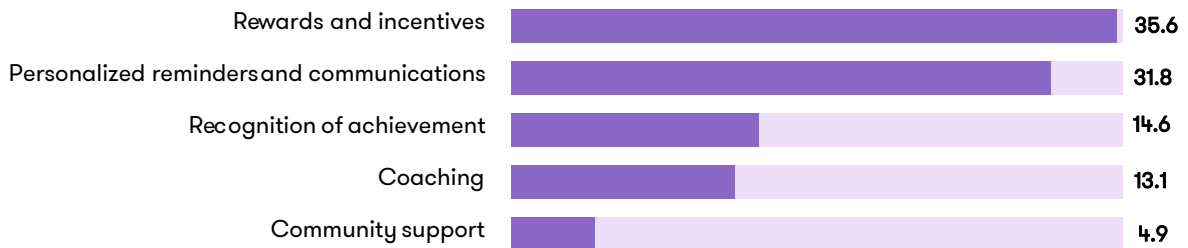


Drive engagement with rewards and incentives

Wondr Health conducts regular surveys and gathers input to stay connected to the evolving needs of our participants. We use these insights to develop custom resources, including blogs, webinars, new program content, and toolkits to address these needs.

Wondr Health conducted a survey of our participants on what drives engagement in the program with over 1,500 respondents around the globe between 9/9/24 and 9/16/24. Insights on engagement motivators are key as leaders create their benefits strategy, as consistent engagement drives sustainable results. To get to the root of this, we asked participants to share with us what motivates them to stay engaged in a health and wellness program. What follows are the results:



Source: 1502 respondents from 59+ selected organizations collected between 9/9/2024 and 9/16/2024

Rewards and incentives are powerful motivators

Motivation is key to achieving sustainable results and long-term weight loss. Findings from the Wondr Health survey reveal the powerful role of rewards and incentives (35.6%) and personalized reminders and communications (31.8%) to motivate your employees to stay engaged in a health and wellness program.

Wondr Health's new rewards program encourages, supports and recognizes participants' commitment to their health. The rewards program, grounded in proven behavioral science techniques, is designed to fuel motivation and drive meaningful engagement in Wondr, ultimately leading to a healthier, happier, and more productive workforce.

For more information about Wondr Health, visit www.wondrhealth.com.