

Mind, meet body

The impact of obesity-related disease
on mental wellbeing (and vice versa).

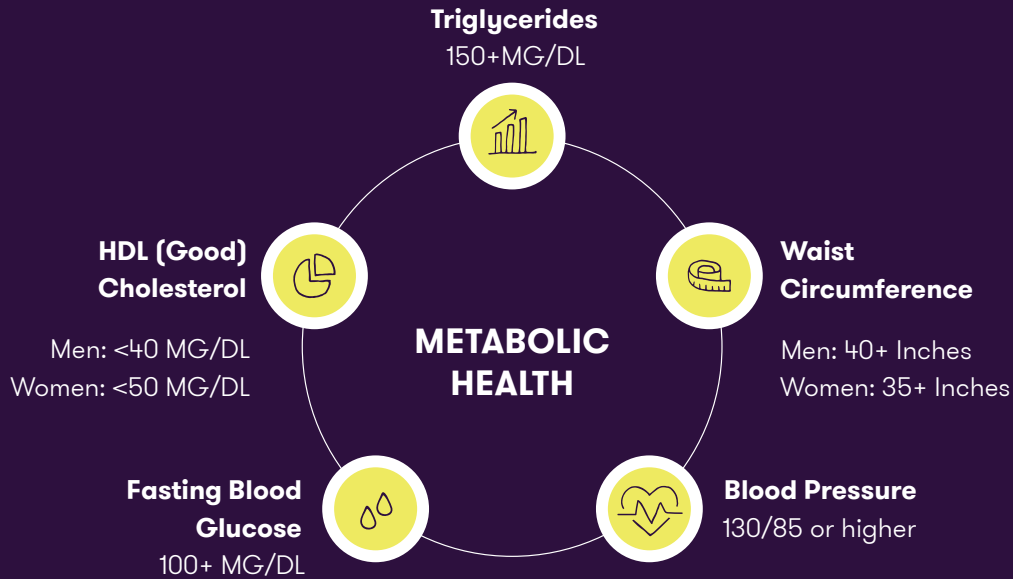
The mind-body connection is often underestimated and misunderstood. It's more than a buzzword; it's the key to building more effective preventive care for your people. By understanding and simultaneously tackling two top cost-drivers—metabolic syndrome and mental health—employers can provide better health, resiliency, and chronic disease prevention for employees.



What is metabolic syndrome?

At a high level, metabolic health is evaluated on a spectrum indicating a person's collective risk for developing costly diseases like diabetes, cardiovascular disease, and some cancers. Metabolic syndrome (MetS) falls in the middle of this spectrum and is a good indicator of overall metabolic health.

Like the warning lights on a car dashboard, these risk factors are indicative of potential health problems ahead—and the associated costs. The combination of multiple risk factors increases a person's risk of diabetes, heart disease, stroke, and other chronic diseases.¹

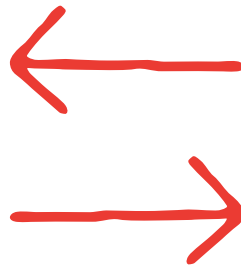


What this means for your population

The CDC estimates almost 50% of the U.S. adult population has prediabetes or diabetes, and one-third of U.S. adults have MetS², including some of your employees. Treating the root cause of metabolic risk factors—instead of the symptoms—can help you prevent the development of correlated and serious illnesses, such as Type 2 diabetes.

EXAMPLE OF METABOLIC HEALTH'S IMPACT ON MENTAL HEALTH

A chronic condition diagnosis can be devastating, increasing stress, anxiety, and depression.



EXAMPLE OF MENTAL HEALTH'S IMPACT ON METABOLIC HEALTH

Stress, anxiety, and depression can contribute greatly to unhealthy habits that lead to poor metabolic health or metabolic condition mismanagement.

THE CONNECTION BETWEEN METABOLIC HEALTH AND MENTAL WELLBEING

An often overlooked relationship in the world of metabolic health is its correlation to and impact on mental wellbeing.

For example:

2-3X

People with diabetes are **two to three times more likely** to have depression than someone without diabetes³

33 TO 50%

33-50% of people with diabetes develop diabetes distress, an emotional response to the stress of disease management⁴

60%

Having depression **increases the risk of developing Type 2 diabetes by 60%**⁵

Ready to get started?

Now is the time to address mental and physical health simultaneously and create a long-lasting ripple effect. Here are some concrete steps to finding the right solutions that can lead to healthier, more engaged employees and decreased medical claim costs for years to come.

- 1 Identify the risk factors in your population.** Mirror your benefits to address the risk factors in your population and offer your employees solutions that help solve for the negative impact on mental wellbeing that is associated with those conditions.
- 2 Look for solutions rooted in behavior change.** There is no such thing as a quick fix. Instead look for preventive care programs based in behavioral science. Treating the person—not the scale or condition—will yield long-lasting results.
- 3 Choose mental and physical health solutions that reinforce each other.** The right partners will have a holistic approach to integrating with other solutions—you'll want an ecosystem of different programs that can address interconnected comorbidities.

“Employers have an opportunity to recognize that being mindful is important and gives employees tools, skills, and resources so they have something to grab onto when they feel like they’re sinking—which allows them to become more engaged and use the skills and resources to take care of themselves.”

– **Dr. Dana Labat, PHD,**
Clinical Psychologist
and Wondr



“ You can’t talk about weight loss without talking about stress or emotional wellbeing. These things are all related. Solutions that are too narrowly focused can set a person up for failure. Instead, treat the whole person.”

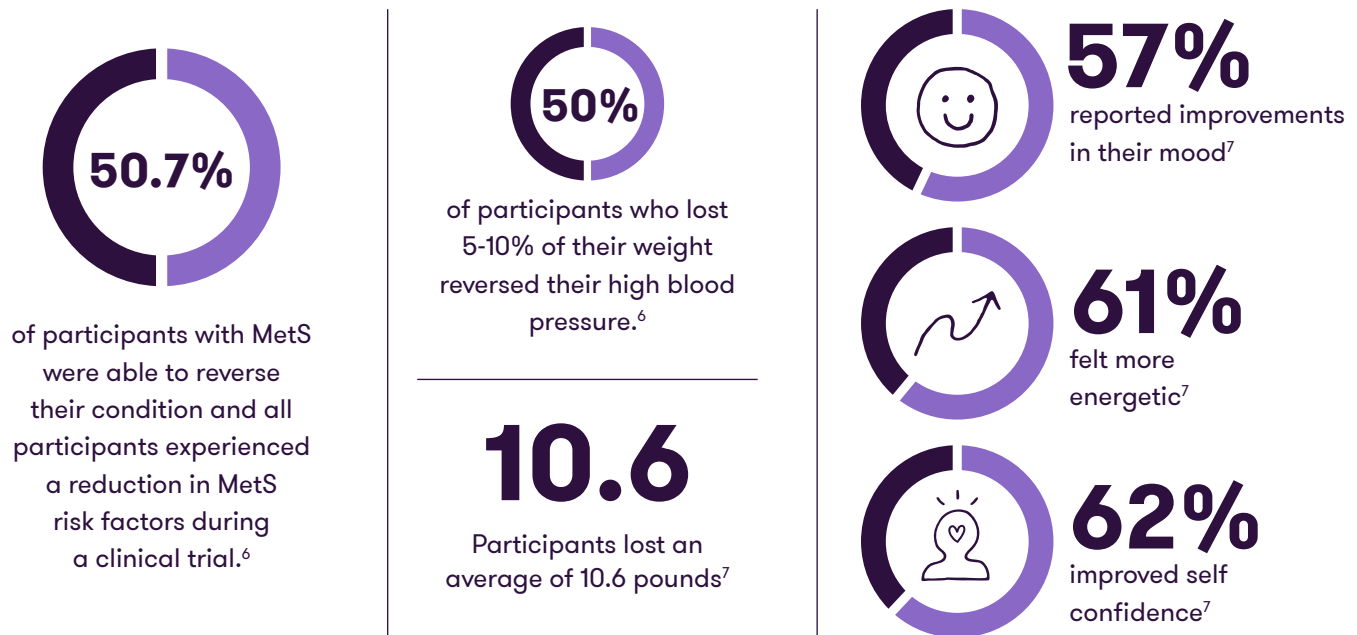
- Dr. Tim Church, MD, MPH, PHD,
Wondr Health™ Chief Medical Officer

Mind-body behavior change in action

By focusing on skills based in behavioral science, Wondr™ addresses the root causes of MetS while improving mental wellbeing and employee engagement and supporting your bottom line.

Using the Wondr program:

Participants were able to address the root cause of chronic disease, while improving both their physical and mental wellbeing.



LEARN MORE AT [WONDRHEALTH.COM/EMPLOYERS](https://wondrhealth.com/employers)

¹<https://www.nhlbi.nih.gov/health-topics/metabolic-syndrome>

²<https://www.cdc.gov/diabetes/pdfs/data/statistics/national-diabetes-statistics-report.pdf>

³<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3579337/>

⁴<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4863499>

⁵<https://www.cdc.gov/diabetes/managing/mental-health.html>

⁶<https://pubmed.ncbi.nlm.nih.gov/26302220/>

⁷Book of Business citation