

# ESSENTIAL RESOURCES FOR OPEN ENROLLMENT SEASON

**Wondr Health conducts regular pulse surveys 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.**

**What follows are the results from our most recent pulse survey.**



Wondr Health conducted this survey with nearly 500 respondents around the globe between 8/22/23 and 8/29/23. Open enrollment season is right around the corner for most organizations, so we asked participants to share with us the two most important non-medical benefits to them.

**During the upcoming benefit election period at your company, which of the following non-medical benefits are the most important to you? Please select two.**



Source: 473 respondents from 70 selected organizations collected between 8/22/2023 and 8/29/2023

**Insights:**

**The results are in: Mental health remains a top focus this open enrollment season**

A recent American Psychological Association survey found that three-quarters of adults say their stress levels have increased over the past year. Economic concerns around inflation, the threat of natural disasters, and the recent spike in Covid cases are among the top factors affecting our nation’s workforce. Results from our survey reinforce these findings and point to the need for resources to reduce stress, boost emotional health and maintain a healthy weight. Providing your population with solutions to address stress, improve their emotional health, and maintain a healthy weight will help your population thrive.



**Actions organizations can take:**

Wondr Health offers the following resources as part of our emotional health solution (eM Life) as well as a full spectrum of holistic weight-loss solutions including Wondr and Wondr Advanced:

- ✓ **On-demand programs:** Strategies to Reduce Stress, Mindfully Managing Stress, 7 Days of Building Healthy Mental and Emotional Habits, Mindful Eating
- ✓ **Immersive Programs:** Wondr, Wondr Advanced and Mindfulness at Work™: Stress Reduction
- ✓ **Blog:** Four strategies to help improve the health and headspace of your population, Key Tips to Stress Less

**Blog**



**Mindfully Managing Stress**



**Mindfulness at Work™**