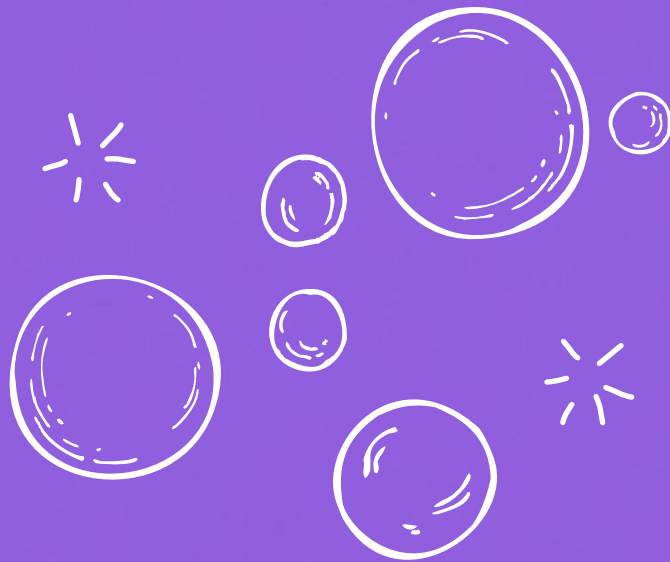


The science of living better

The clinical whole-health impact of the Wondr™ program



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Journal

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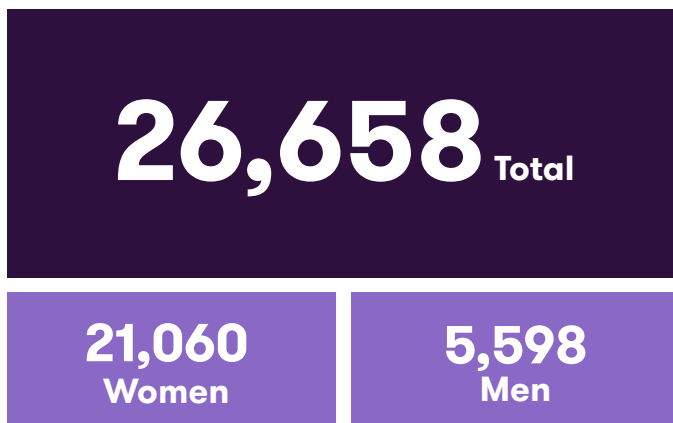
Overview

The physiological benefits associated with weight loss programs are well documented. However, less is known about how these programs affect employees' overall well-being and quality of life. While Wondr, a behavioral change program for the whole person, has previously shown clinical benefits in general health such as fasting blood sugars, reduced triglycerides, blood pressure, and more, the purpose of this study was to examine the association between weight loss, change in physical activity and quality of life following the program.

Methods

Six aspects of quality of life were assessed in participants, including energy, mood, self-confidence, sleep, indigestion, and musculoskeletal (MSK) pain. Participants who completed at least 8 weeks of the Wondr program were assessed at 10 weeks to quantify these changes since the start of the program along with their changes in weight and physical activity level.

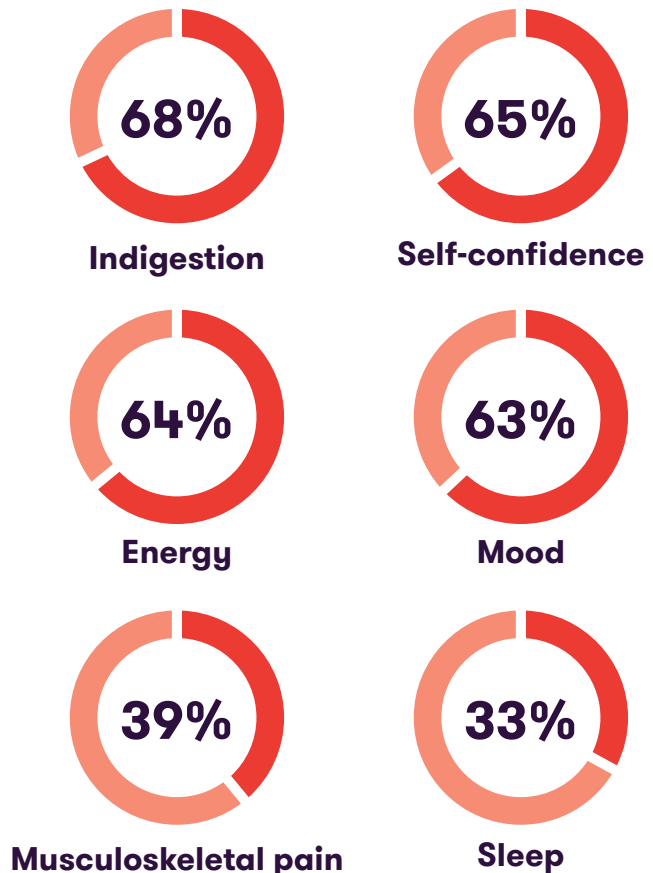
Population



Results

The results of [this study](#) found that participation in the Wondr program positively impacted quality of life measures for all participants. This included improvements in indigestion, self-confidence, energy, mood, pain and sleep. Additionally, those who reported greater weight loss and more physical activity were more likely to report greater improvements in each QOL measure.

Percent of participants who improved:



Key learnings

- 1 While all participants benefit, increased physical activity and weight loss is tied to greater benefits.** Although increased physical activity is not the purpose of the Wondr program, 70% of respondents reported participating in more physical activity after the program. This, along with increased weight loss, led to a positive impact in each quality of life measure.
- 2 Weight loss can positively impact co-morbidities.** Of participants who reported having indigestion before starting the Wondr program, a full 68% reported improvement after just 10 weeks. Similarly, 39% of participants who reported having MSK pain before starting the program reported that it either improved or very much improved.
- 3 Behavioral programs that treat the whole human have a greater impact.** The whole-person approach ensures that improvements are seen in both physical and mental health. And while the greater the weight loss, the greater the likelihood of QOL improvement, any weight loss carried QOL improvements.

Why it matters

Poor physical health significantly increases our risk of developing mental and emotional health challenges, and vice versa—impacting cost in an unsustainable downward spiral. This has been exacerbated by the pandemic further contributing to the metabolic and mental health epidemics. Addressing the whole health of a population will target the top chronic conditions and drive outcomes and cost-savings for organizations.

Learn more

Wondr is a digital behavioral change program for the whole person. The program helps people improve their mental and physical well-being by providing behavioral change skills and tools in order to improve lives and prevent and reduce the cost and impact of chronic health conditions. Learn more about how Wondr drives results for hundreds of thousands of people through organizations nationwide.

Learn more at wondrhealth.com/employers.



“Wondr has not just affected me physically. It has affected every area of my life. I feel more complete, more myself, more whole, definitely more confident in going into whatever situation that I’m in.”

wondr PARTICIPANT

Kim

LOST 65 LBS

GAINED CONFIDENCE & ENERGY