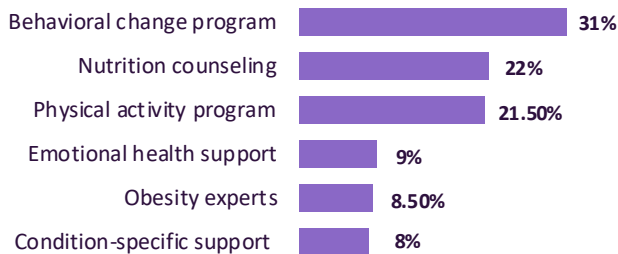


How to prevent and manage weight-related chronic conditions

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.

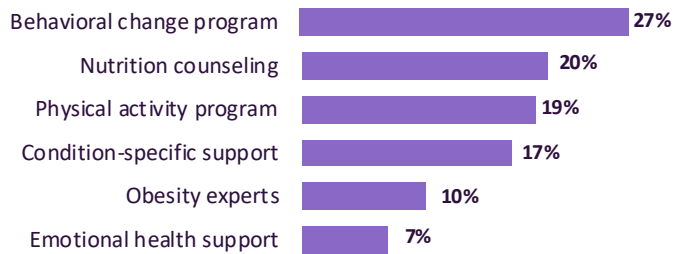
Obesity is a leading cause of more than 200 chronic conditions like diabetes, high blood pressure, back pain, or stress and anxiety. Wondr Health conducted a survey of our participants and asked which of the following resources would be most helpful to prevent and manage a weight-related chronic condition. More than 1,000 Wondr Health participants responded between 1/15/25 to 1/21/25. What follows are the results and insights to help leaders guide their benefits strategy and provide relevant resources for their population.

Prevention resources



Source: 1074 respondents collected between 1/15/25 and 1/21/25

Management resources



Source: 987 respondents collected between 1/15/25 and 1/21/25

Behavioral change support is critical for weight-related chronic conditions

Simply providing access to wellness programs is not enough. With 31% of participants citing behavior change as the most helpful intervention, employers can focus on behavioral support at the foundation of their benefits strategy along with nutrition counseling and physical activity programs for a holistic approach to health. For employees with weight-related chronic conditions, the survey highlights the value of disease-specific support suggesting the benefit of tailored resources for conditions like diabetes or heart disease. Wondr Health offers these programs to help employers prioritize both the prevention and management of chronic condition to ultimately improve employee health and cost savings.

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