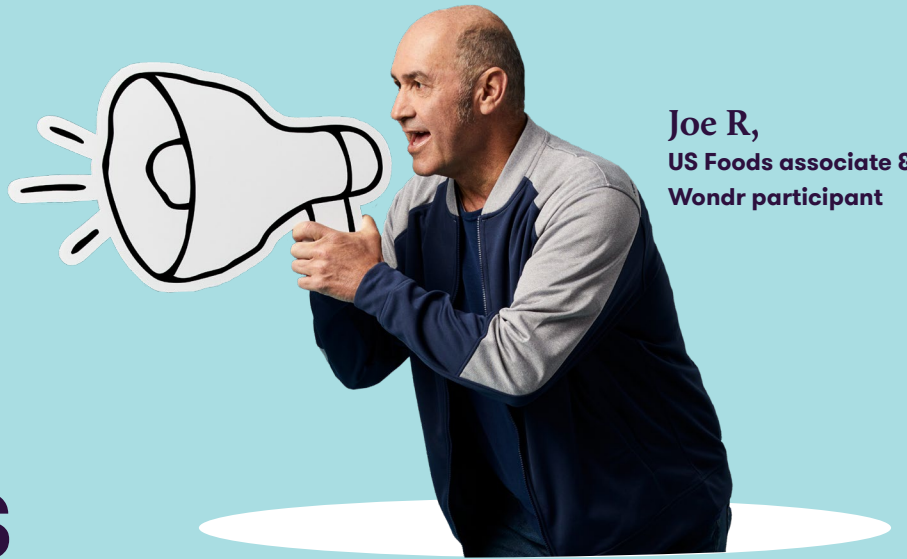


CASE STUDY:

Wondr Health™ & US Foods



Joe R,
US Foods associate &
Wondr participant

Together US Foods and Wondr partnered to improve the health of thousands of associates.

The client

WHO:



INDUSTRY:

Food Service Distribution

QUICK FACTS:



28K+ associates



45K+ health plan members



81% of associates are male



45 is the average associate age

ABOUT US FOODS:

US Foods is a leading foodservice distributor, partnering with approximately 300,000 restaurants and foodservice operators. US Foods is a Fortune 500 company guided by a spirit of innovation and an unwavering commitment to delivering superior quality products and value to customers.

The challenge

US Foods' population is geographically dispersed with a wide range of job roles and types—making engagement a challenge. Traditional “wellness” activities weren't moving the needle.

The solution

US Foods needed a flexible and scalable solution that could drive high engagement for a middle-aged population to address overall obesity, improve physical and mental wellbeing, and easily integrate into their existing ecosystem.

With Wondr, they found:

- ✓ **Program that addresses both mental and physical aspects of weight loss** through curriculum based in behavioral science
- ✓ **Science-backed, personalized program experience** designed (and proven) to keep member engagement
- ✓ **Ability to complement with their existing programs**—such as their diabetes management program—with a more specific focus on addressing obesity
- ✓ **Infinite scalability** through a 100% digital platform to work seamlessly and effectively across all locations and job types
- ✓ **Highly personalized** program that meets associates where they are—no matter their work schedule, physical activity level, food preferences, or lifestyle
- ✓ **Ability to bill as a preventive medical claim** with its health plan for easy implementation

Clinically proven results



Losing as little as 3% body weight produces clinically meaningful health benefits, including reducing disease risk factors and overall disease risk.²

“ Traditional wellness programs didn’t work for US Foods, since our folks are dispersed across the country, and on the go. They were able to do the program anywhere, without going to meetings—it’s very easy to engage with Wondr. In fact, we had almost a thousand people enroll within the first few hours of announcing the program—it was absolutely phenomenal.

”
Joe Toniolo,
Sr Director, Health and Welfare Benefits



What Participants are saying about Wondr

“ I was miserable and was struggling just to walk from my car to my office at work. **That moment [I signed up] changed my life, and I am now a completely different person than I was thanks to this amazing program.** Wondr has empowered me to make **lifestyle changes that will last forever.** ”

— US Foods Associate

Get to know Wondr

Wondr™ is a personalized, 100% digital weight loss program that teaches science-based skills to help people sleep better, stress less, improve emotional health, and more. A master class of sorts, our renowned team of experts teach clinically-proven skills that improve overall physical, mental, and emotional wellbeing.

Wondr Health. Expect it.

Get results like these for your population.
Visit wondrhealth.com/get-started-business.

¹Original case study was performed under the Naturally Slim name prior to our rebrand as Wondr Health.
² <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6055795/>

