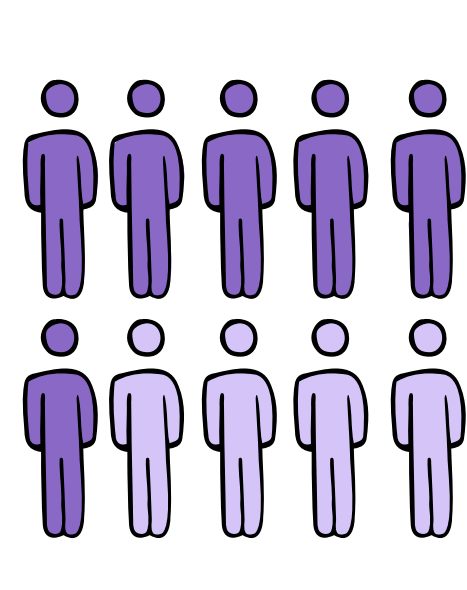


# Tackling the cost of weight-related chronic conditions

How employers can address chronic disease for a healthier workforce and bottom line



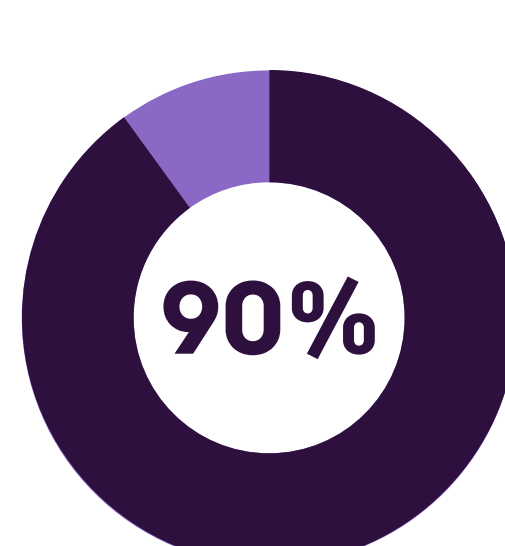
## The hidden costs of chronic conditions in the workplace



6 in 10 adults in the U.S. have a chronic condition<sup>1</sup>



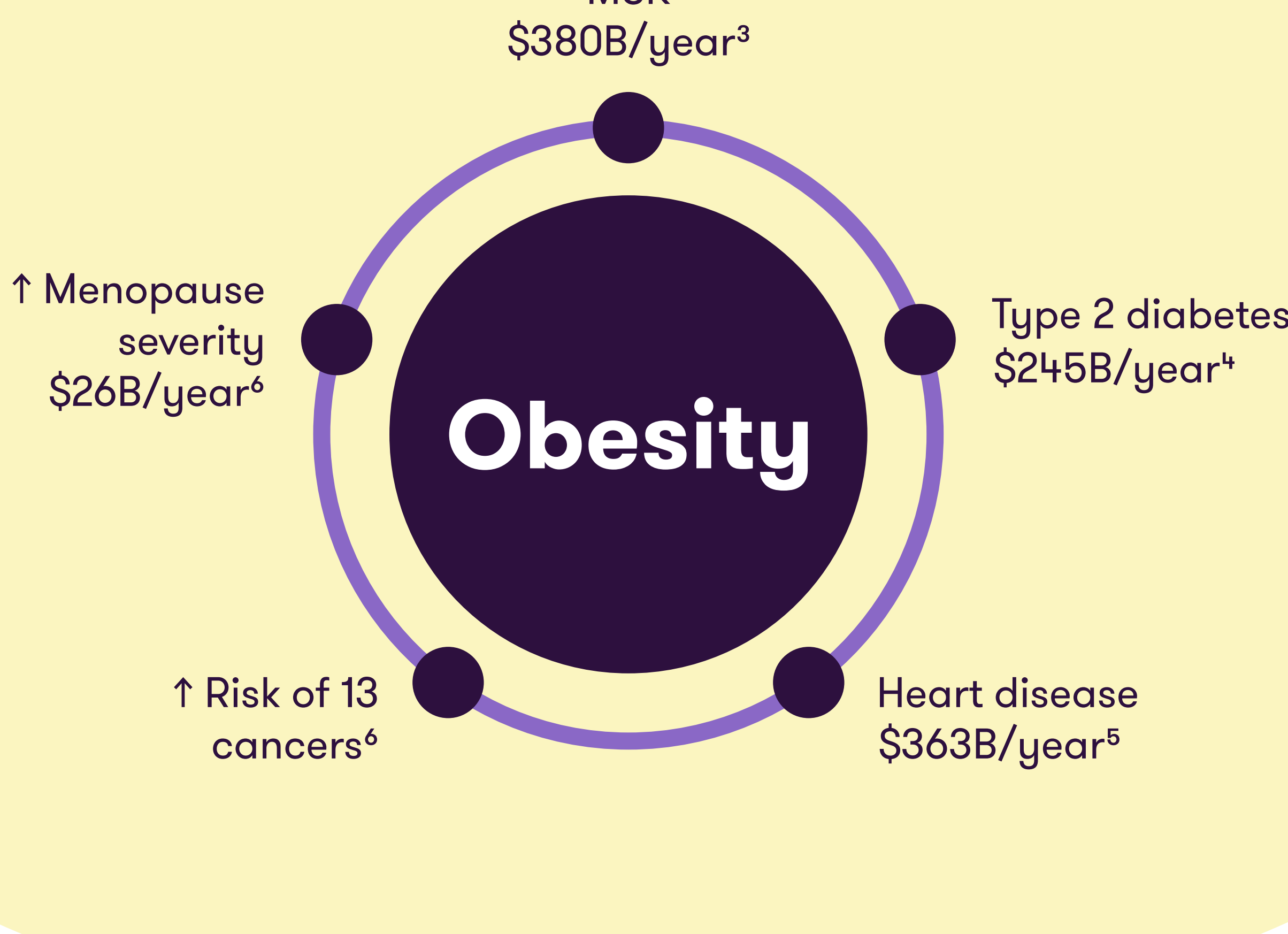
lost annually due to chronic condition related absenteeism<sup>2</sup>



90% of U.S. health-care costs are related to chronic diseases<sup>1</sup>

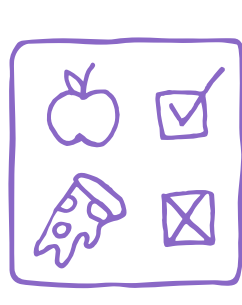
## Obesity

Obesity raises the risk of chronic conditions, increasing health-care costs and lowering productivity



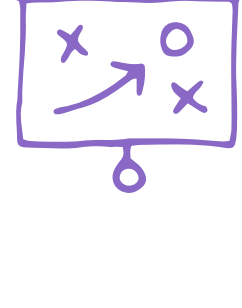
## Chronic condition management

Your strategy for better health and a better bottom line



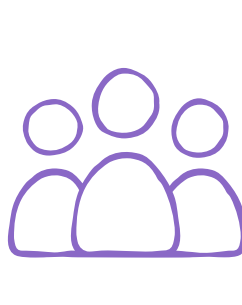
### Step 1 Prioritize preventive measures.

Prevention is more cost-effective than treatment. Implement a science-backed behavioral change program to address the root cause of obesity and stop chronic conditions before they start.



### Step 2 Make behavioral change the foundation.

Offer personalized interventions tailored to each person's lifestyle, goals, and health risks to drive behavior change.



### Step 3 Provide access to experts.

Offer expert clinical support, nutrition counseling, and resources to prevent and manage the costliest chronic conditions.



### Step 4 Offer GLP-1 support with or without coverage.

Provide clinical obesity treatment from a multidisciplinary team of doctors and providers who tailor prescribing and medication management using a stepped approach and manage side effects and adherence.



### Step 5 Take a whole-person approach.

Chronic conditions often intersect with mental health issues and stress, making a comprehensive approach critical to success.

## Better chronic condition management starts here

See how your company can lower costs and improve employee health at [wondrhealth.com/get-started-business](https://wondrhealth.com/get-started-business)



### Resources

<sup>1</sup>CDC <sup>2</sup>ALM Benefits Pro <sup>3</sup>Dieleman J.L., et al. US health care spending by payer and health condition <sup>4</sup>Nomi Health <sup>5</sup>UDSA <sup>6</sup>The Mayo Clinic.