

Wondr Health™

Formerly Naturally Slim

Independence Blue Cross (Independence) is pleased to offer Wondr, a leading digital behavioral counseling program for weight management, diabetes prevention, and metabolic syndrome reversal. Wondr teaches sustainable weight loss and is proven to deliver meaningful reversal of metabolic syndrome (MetS) risk factors, including hypertension and prediabetes.¹

Wondr isn't a typo — or a diet

Founded by a team of renowned doctors (hence no "e"), Wondr teaches your employees how to eat their favorite foods so they can lose weight and reduce and reverse chronic disease.

The details:

- 52-week program
- Delivered weekly
- Personalized master classes
- Three stages of curriculum

The Three Stages



1. WONDRSKILLS™

Learn simple, repeatable skills through weekly master classes.



2. WONDRUP™

Reinforce and practice skills through weekly personalized master classes.



3. WONDRLAST™

Maintain progress with customizable master classes that keep the weight off and so many other benefits.

SELL SHEET: WONDR

FINANCIAL ROI

2.1X HARD ROI²

SAVINGS PRIMARILY DUE TO DECREASES IN OFFICE AND SPECIALIST VISITS

QUALITY OF LIFE IMPROVEMENTS



61%

HAVE MORE ENERGY²



57%

IMPROVED THEIR MOOD²



85%

FEEL MORE IN CONTROL OF THEIR WEIGHT²



62%

HAVE MORE SELF-CONFIDENCE²

CLINICAL RESULTS

↓ 84%

LOST WEIGHT ON THE PROGRAM³

↓ 50%

REVERSED HIGH BLOOD PRESSURE³

↓ 10.6 lbs.

AVERAGE WEIGHT LOSS¹

↓ 50%

OF MEN REVERSED MetS PREVALENCE¹

↓ 30%

OF WOMEN REVERSED MetS PREVALENCE¹

Wondr checks all the boxes

From the easiest implementation ever to claims cost savings, Wondr has you covered with a benefit that not only works — but makes it easy.

For employers and plan sponsors:

- ✓ A digital behavioral change program with clinically-proven results
- ✓ Improves whole health through weight management
- ✓ Highly personalized program brings better health to all cultures and backgrounds
- ✓ Stress-free implementation at no cost to you, with co-branded, custom communications and reporting
- ✓ Hard ROI of 2.1x — savings primarily due to decreases in office and specialist visits
- ✓ Future claims cost reduction
- ✓ Can be billed as a medical claim through Independence

For participants:

- ✓ 100% digital program that accommodates any schedule
- ✓ Results that last
- ✓ Welcome kit complete with tools and encouragement
- ✓ Mobile app for on-the-go access and 24/7 support
- ✓ Weekly on-demand master classes from our expert team of instructors
- ✓ Tailored emails, text messages, and daily nudges to keep engagement high
- ✓ On-call health coaches to connect with live
- ✓ The WondrLink™ online community for social support and WondrBlog for other relevant resources

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**If you have questions, please contact your
Independence account executive.**
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Independence Blue Cross offers products through its subsidiaries Independence Hospital Indemnity Plan, Keystone Health Plan East and QCC Insurance Company, and with Highmark Blue Shield — independent licensees of the Blue Cross and Blue Shield Association

1 Journal of Metabolic Syndrome and Related Disorders (2015)
2 Based on Wondr Health Book of Business
3 Journal of Occupational and Environmental Medicine (2016)

The products listed are offered by Wondr Health, an independent company. These are not Blue Cross or Blue Shield products. Independence Blue Cross is acting solely as an agent for Wondr Health. Wondr Health is solely responsible.