



RRD

What is Wondr?

February 8, 2024



Expect

weight loss
better sleep
less stress
more energy
clinically-proven skills
results that last.

wondr PARTICIPANT

Jan G.

Client Research Coordinator

LOST 33 LBS
GAINED CONFIDENCE

 **wondr** HEALTH™

Wondr isn't a diet—it's a science.

No points, plans, or counting calories. Wondr™ is a digital weight-loss program available at **no cost to you**.*

It teaches you the science of how to eat your favorite foods so you can lose weight, sleep better, stress less, and so much more. You'll learn simple, behavioral skills that are clinically proven to improve your health.

Get started today at wondrhealth.com/RRD

**Employees, spouses and covered dependents age 18 and over enrolled in an RRD National Medical Program option are eligible to apply to the program. .*

wondr



The 3 Stages of Wondr

Wondr is a 100% digital, on-the-go experience that can be accessed anytime, anywhere. The program is broken into three simple stages that build on each other for lifelong, lasting results.



1

WondrSkills™

Learn simple, repeatable skills through weekly master classes.

2

WondrUp™

Reinforce and practice WondrSkills through weekly, personalized curriculum.

3

WondrLast™

Build momentum toward your healthiest self in the maintenance phase of the program.

Principles that address all aspects of eating:

When, Why, How, and What



When

Identifying true hunger and satisfaction



Why

Reasons we eat



How

Mindful eating



What

Balancing flavor satisfaction, nutrition, and fullness



The secret sauce of Wondr

It's simple. Wondr teaches sustainable, life-long skills. It's not rocket science—it's behavior science.



Hunger and Hydration

You'll learn the science behind our bodies' need for H2O, and how we often confuse hunger pangs for hydration!



Satisfy the brain

You'll learn about the taste center and fullness center of your brain and how to satisfy them both.



Mental & physical improvements

You'll learn how to lose weight—and sleep better, stress less, and feel more energetic.



Mindful eating

You'll learn about the different levels of hunger and how to eat the foods you love to lose weight.



Personalization in action: Eating Behavior Tracks



Eating Around Emotions



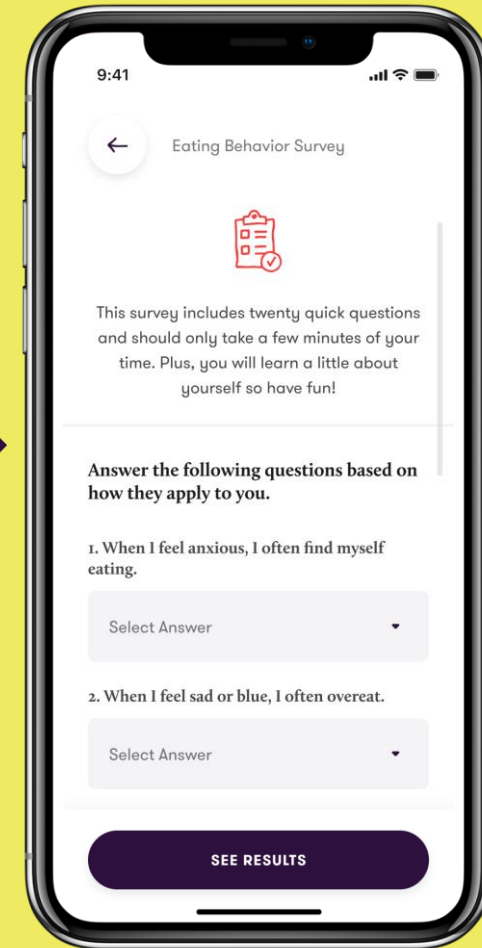
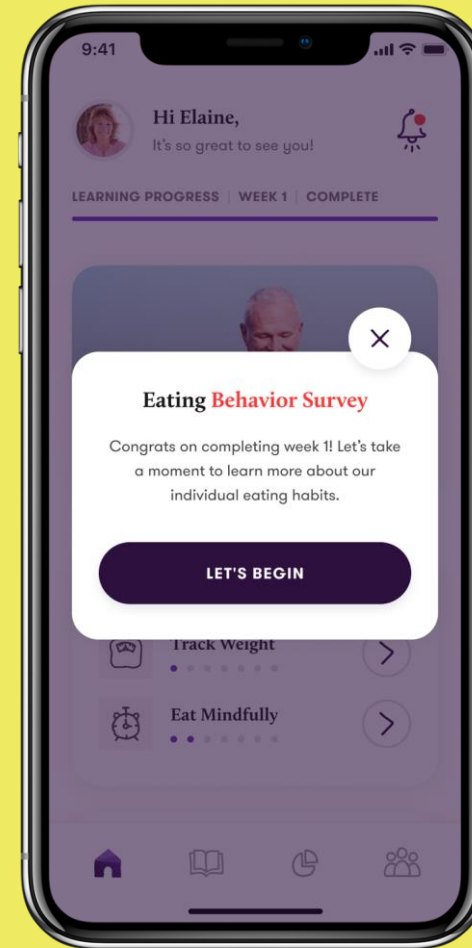
Eating in Social Situations



Persistent Hunger



All in/All Out



PERSONALIZATION IN ACTION: Physical Activity Tracks

Inactive (physical activity)—the goal is to create structure and find enjoyment

Already Active (exercise)—the goal is to create structure and find balance

Work Active (occupational activity)—the goal is to create structure and find support

✓ — ✓ — Health&Lifestyle 2/10 — Agreements

Health and Lifestyle Information

To personalize your experience, tell us about your current level of physical activity

- I am not regularly physically active but I'm interested in simple ways to add in daily movement and become more active.
- I am regularly physically active and I'm interested in other ideas for building movement into my life.
- I am very active for my job and I'm interested in other ideas for building more movement into my life.

NEXT

PREVIOUS

Contact us Logout

Meet our team of experts



Tim Church • MD, MPH, PHD
CHIEF MEDICAL OFFICER

Clinical thought leader in obesity and physical activity research

Published in 300+ clinical journals



Dana Labat • PHD
CLINICAL PSYCHOLOGIST

Private practice working with adults and adolescents in LA and TX

Specializes in building coping skills



Tre Wilcox
AWARD-WINNING CHEF

“Top Chef All-Stars” and “Iron Chef America”

Teaches how to maximize flavors in cooking while supporting healthy lifestyles



Meridan Zerner • MS, RDN, CSSD, LD
DIETITIAN NUTRITIONIST

Award-winning Dietitian Nutritionist

Certified wellness coach and physical trainer

Adjunct instructor at The Cooper Institute

Meet our team of experts



Dr. Renee Rogers • PhD
EXERCISE PHYSIOLOGIST

Associate Professor, U. of Pittsburgh Healthy Lifestyle Institute
Expert on integration of exercise, technology, and weight loss



Dr. Richa Mittal
WEIGHT LOSS PHYSICIAN

Board certified obesity specialist, internist and lifestyle medicine physician



Dr. Kevin Gilliland • PSYD
CLINICAL PSYCHOLOGIST

Outpatient counseling for mental health, substance abuse & relationship issues

Author, *Struggle Well, Live Well and Progress, Not Perfection*

Wondr Participant Journey

Welcome to Wondr

Take short quiz on eating habits and physical activity for personalized curriculum tracks

Log in for weekly video lessons anytime, anywhere

Reinforce learning with reminders, notifications, and emails

Access support resources, online community, and coaches

Practice skills

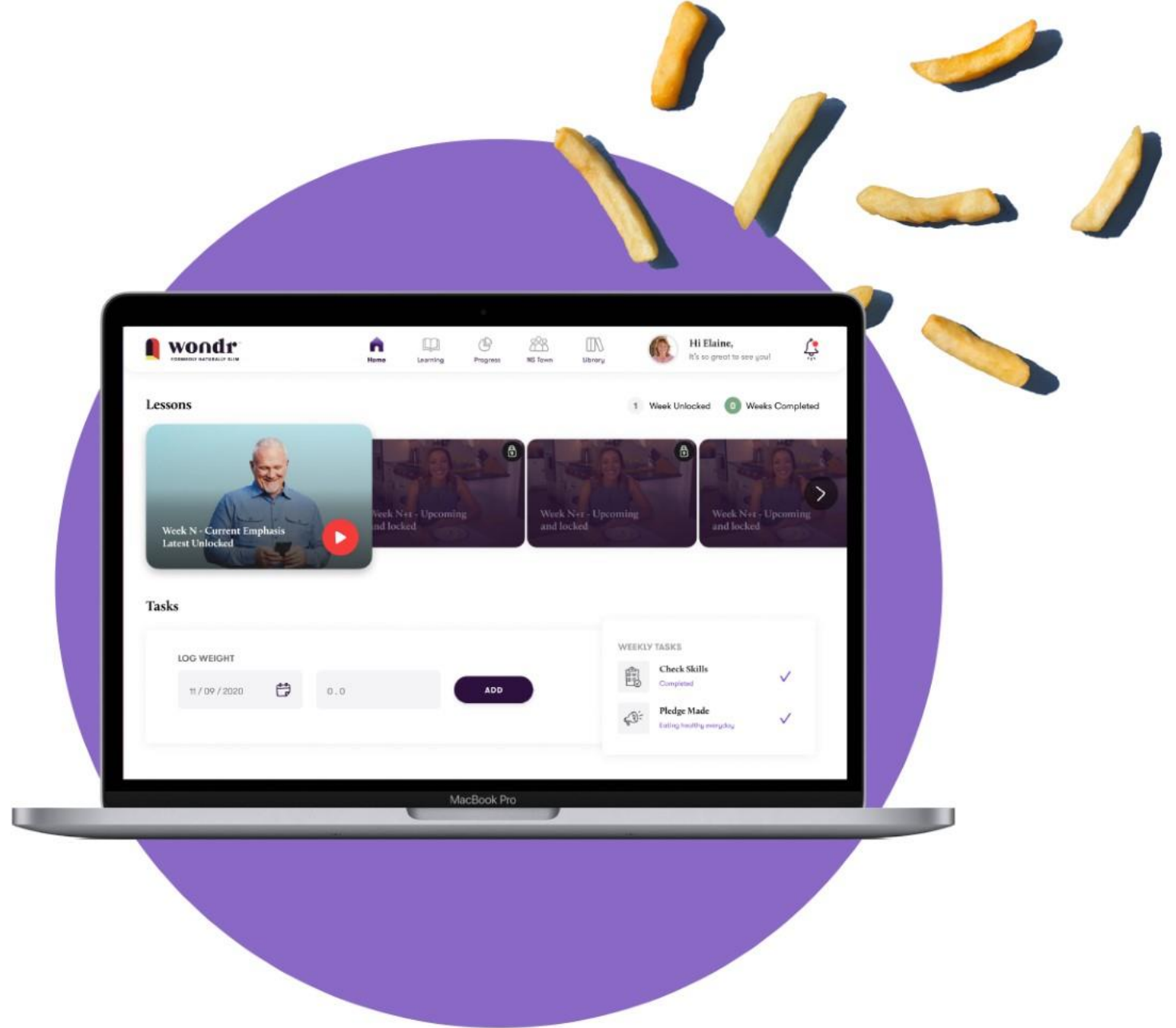


wondr HEALTH

The Wondr Experience

Wondr desktop experience

Wondr desktop experience

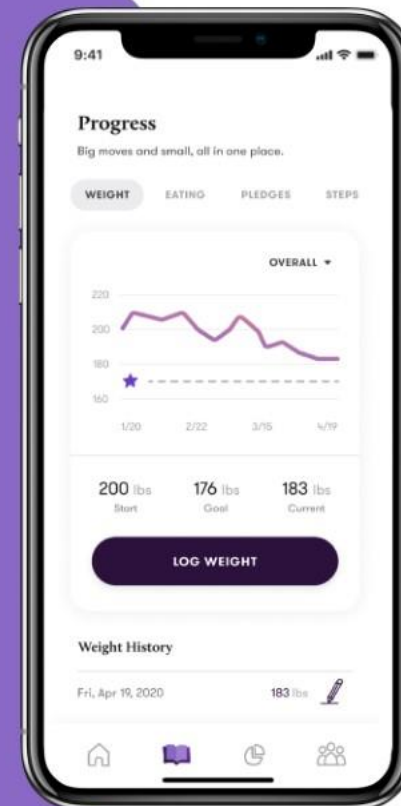
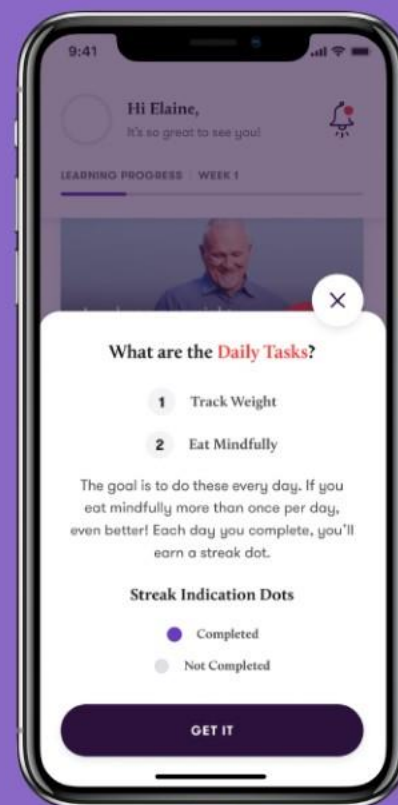
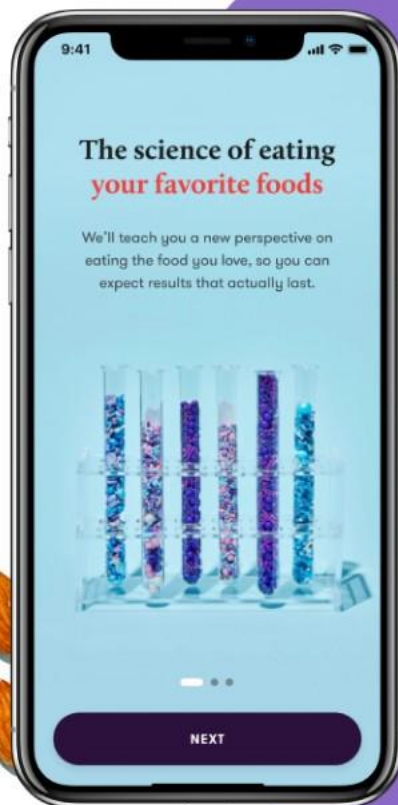


wondrHEALTH

The Wondr Experience

Wondr mobile experience

Wondr mobile experience



wondrHEALTH

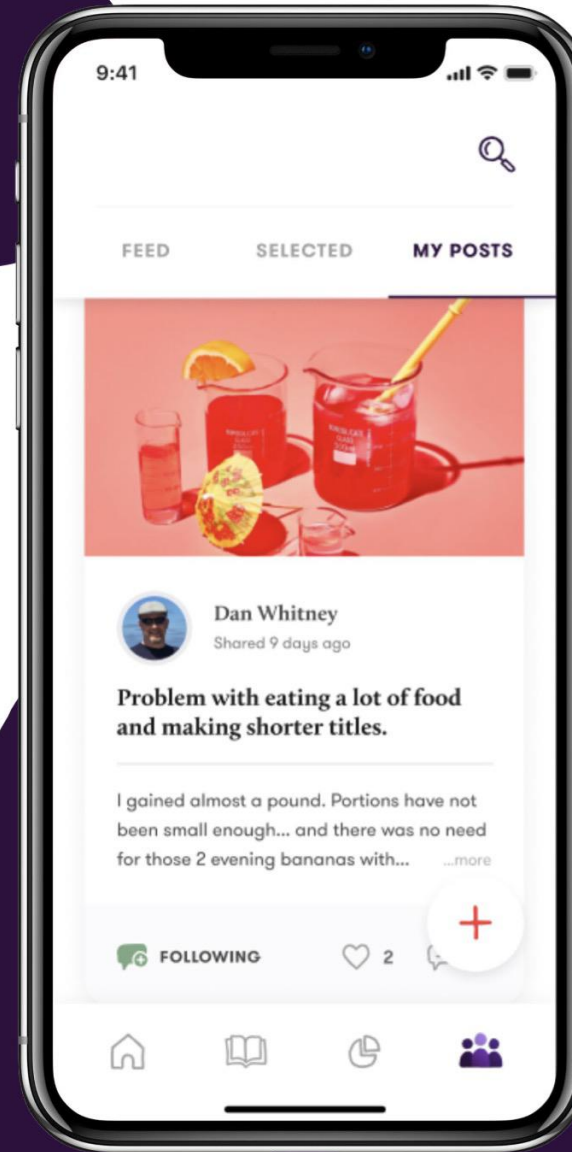
Building a Community

Our program builds loyalty by connecting employees to one another and to participants across the U.S.—making Wondr more than just a benefit they will “use”; it becomes their community.

WondrLink™

WondrLink creates a sense of community and drives engagement

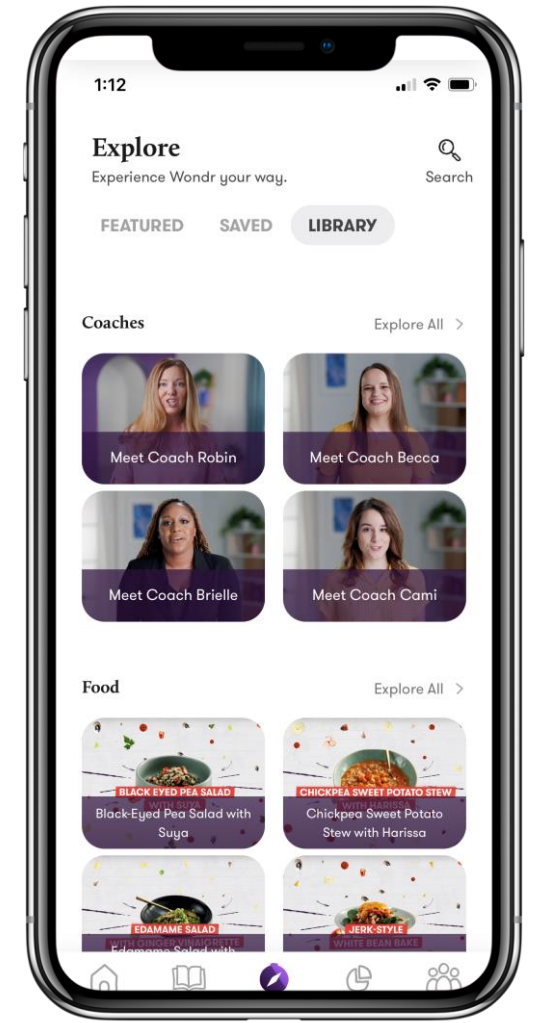
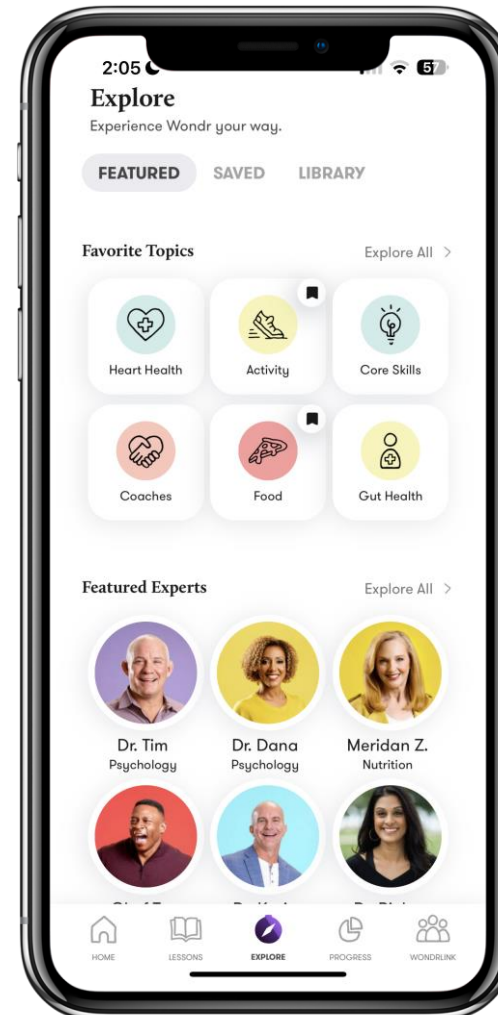
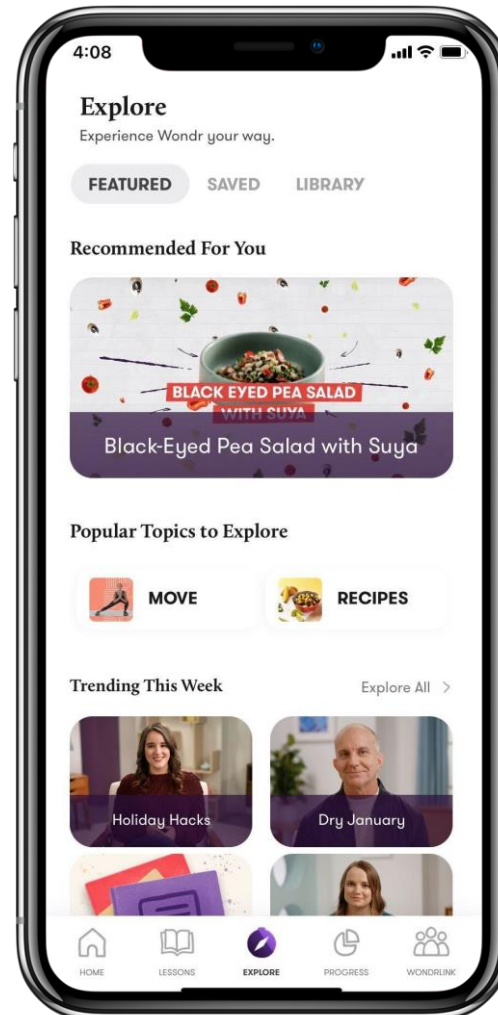
Participants can interact with coaches, program alumni, and other participants within your company or organization.



Rich Library (Explore)

Expansive library of additional resources for you

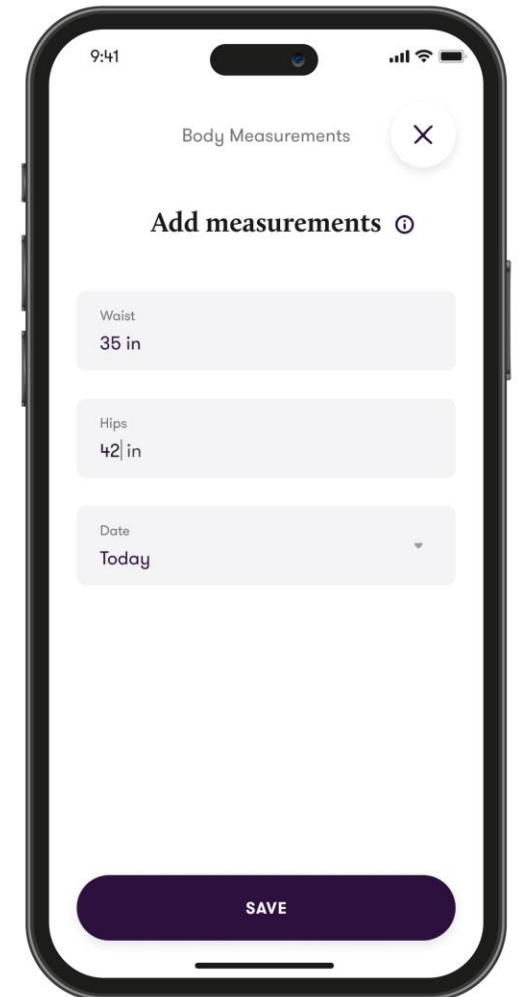
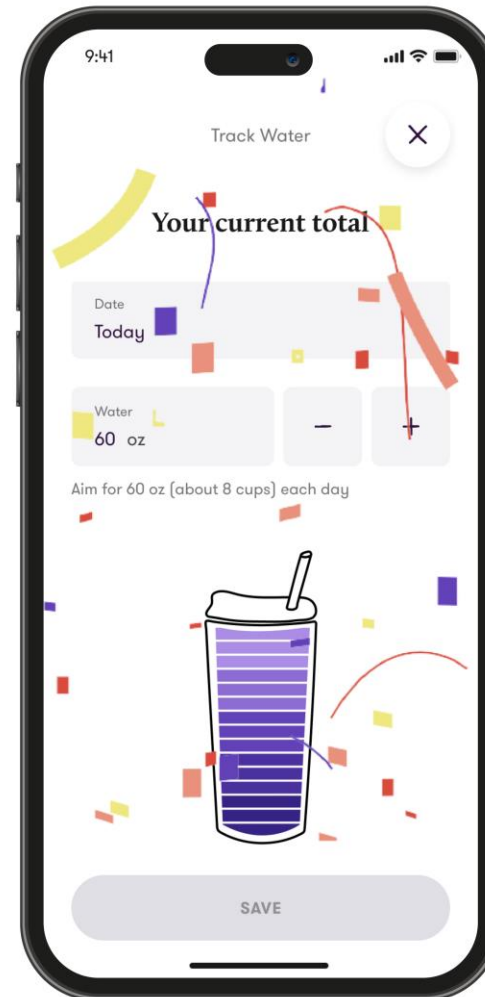
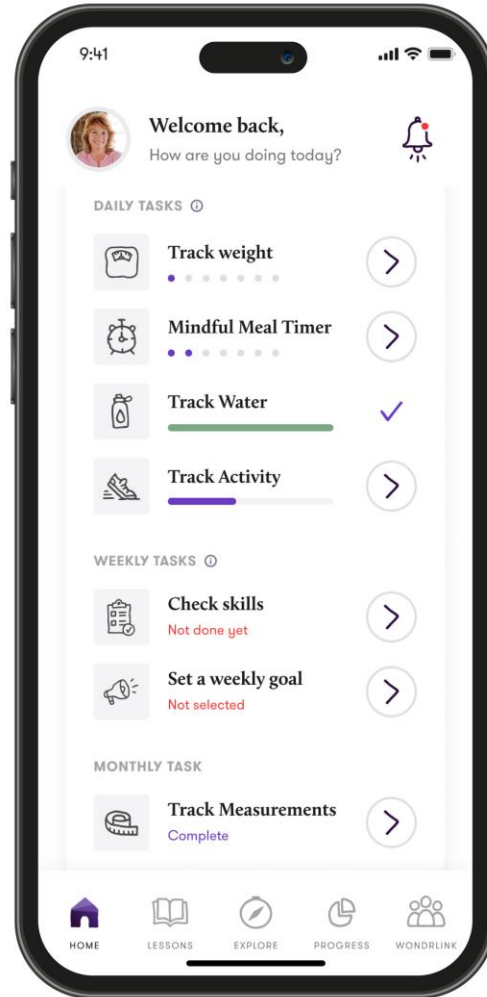
- Seasonal content
- Instructor videos
- Stretching and exercise
- Whole health topics – heart, gut, aging, diabetes and more!
- Most Popular:
 - Move (stretches, exercise)
 - Recipes



Track your Progress

- Hydration tracker
- Body Measurements
- Weight
- Activity
- Goals

- Daily, weekly, and monthly activities




Rewards Center

LESSONS PROGRAM OVERVIEW

Week 1 - Essential skills explained

Lesson 1
Discover Your Hunger Levels



Discover Your Hunger Levels

Weekly Progress

Week 1 - Essential skills explained
0 / 8 lessons

Rewards


My Rewards
Click here to see your progress toward earning rewards.

Program Progress


WondrSkills
1 [Progress indicators]


WondrUp
[Progress bar]

WondrLast
[Progress bar]

 **H2Orange water bottle** ⓘ


You completed weeks 1-3 on time

 You must claim it by 01/15

 Don't need an extra water bottle, or want to minimize your environmental impact? Select "No Thanks."


CLAIM **NO THANKS**

← Rewards ⓘ


 **H2Orange water bottle** ⓘ


Complete weeks 1-3 by 11/06

1 / 3 weeks complete


 **Digital recipe booklet** ⓘ

Complete weeks 4-6 by 11/27

 Available to start earning on 11/07

 **Digital meal plans** ⓘ

Complete weeks 7-9 by 12/18

 Available to start earning on 11/28

Wondr is so much more than weight loss



wondr PARTICIPANT

Chaz N.

Grad Program Coordinator

LOST **77 LBS**

GAINED **ENERGY**

wondr™

- ✓ Prevent diabetes
- ✓ Reduce stress and anxiety
- ✓ Reverse metabolic syndrome
- ✓ Increase physical activity
- ✓ Enhance immunity
- ✓ Improve sleep
- ✓ Support digestive health
- ✓ Prevent cardiovascular disease
- ✓ Improve muscle and joint pain
- ✓ Lower A1C
- ✓ Improve your quality of life
- ✓ Feel better

What you get with Wondr

wondr PARTICIPANT

Cheryl F.

Benefits Manager

LOST 26 LBS
GAINED CONFIDENCE



Welcome packet complete with tools and encouragement



The WondrLink™ online community for social support



The Wondr blog for other relevant resources



Weekly master classes that are tailored to you



Personalized support and reminders through daily texts and nudges



Expert team of instructors via our digital platform



A 100% digital, on-the-go experience and Wondr app



Clinically proven skills for results that last



Get started



Apply today

Complete the online application form to get started.

Employees, spouses and covered dependents age 18 and over enrolled in an RRD National Medical Program option are eligible to apply to the program.



Acceptance

We will notify you via email of your acceptance into the program.



Welcome packet

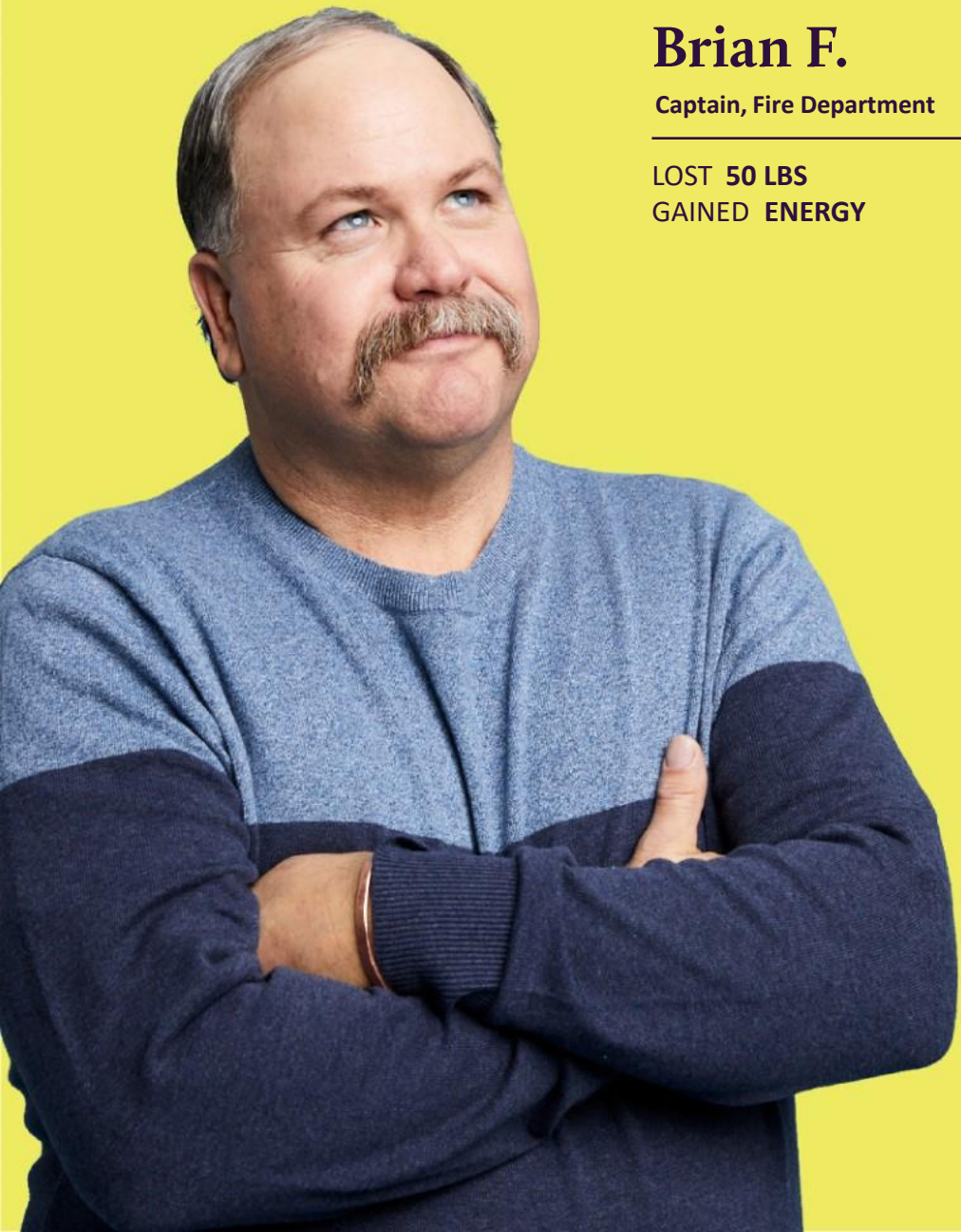
A welcome packet complete with tools, information, and resources will arrive via mail once you have been accepted.



Start program

On the day your program begins, you'll receive an email with a link to get started. You can also simply visit the link below to log in.

Enroll now at wondrhealth.com/RRD



wondr PARTICIPANT

Brian F.

Captain, Fire Department

LOST 50 LBS
GAINED ENERGY

“

I did not imagine this kind of transformation. I've tried diets before, but this is not a diet. It's easy to follow with no special meals to prep or buy. No hoops to jump through. I love my BBQ, pizza, and Mexican food—and I still eat them.

”



Apply now at

wondrhealth.com/RRD

Employees, spouses and covered dependents age 18 and over enrolled in an RRD National Medical Program option are eligible to apply to the program.



RRD BENEFITS
HEALTH | WEALTH | LIFE