



# Wondr™

## Coach-Led Digital Program for Wellbeing Management and Health Advocacy Solutions

### For Large Group Fully Insured

As part of the Wellbeing Management and Health Advocacy Solutions packaging, Blue Cross and Blue Shield of Montana (BCBSMT) offers a valuable coaching option, with no extra charge to members. You can now provide to your employees digital educational opportunities for metabolic syndrome<sup>1</sup> reversal with Wondr (formerly Naturally Slim). This supplemental remote program can be done in the comfort of the member’s own home.

### Wondr – Metabolic Syndrome Reversal Program

Wondr is a behavioral counseling program for metabolic syndrome reversal and weight management. Features include:

- Twelve weeks of counseling (personalized for skill building); twelve weeks (customized for skill reinforcement); 28 weeks (customized for skill maintenance).
- Weekly self-paced, informative, online video sessions (including mobile app for on-the-go access, skill reinforcement and habit formation).
- Interactions with health coaches and online community for social support.
- Customized communication materials.
- Employer reporting available for enrollment, participation and weight loss.

### Eligibility

To support the program, Wondr Health™ will receive a weekly file of eligible members. Because metabolic conditions are not always identifiable through a claims screen, BCBSMT provides Wondr Health with the entire membership eligibility.



**On enrollment, member completes a brief health assessment to determine full eligibility for the program.**

1. National Institutes of Health guidelines define metabolic syndrome as having at least three of the following five traits (or taking medication to control them): large waist circumference; high triglyceride level; reduced HDL (good) cholesterol; increased blood pressure; elevated fasting blood sugar.

Wondr Health, formerly Naturally Slim, is an independent company that has contracted with Blue Cross and Blue Shield of Montana to provide a metabolic syndrome reduction program for members with coverage through BCBSMT.

BCBSMT makes no endorsement, representations or warranties regarding third-party vendors and the products and services offered by them.

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