



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 Texas (BCBSTX) offers a valuable coaching option, with no extra charge to members. You can now provide to your employees digital educational opportunities for metabolic syndrome¹ 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, BCBSTX 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 Texas to provide a metabolic syndrome reduction program for members with coverage through BCBSTX.

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

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