



WONDR HEALTH CLINICAL WEIGHT LOSS

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WONDR CLINICAL WEIGHT LOSS

The Big Picture

An Overview of Wondr

Effective May 13, 2021

What Is Wondr®?

Wondr is an online clinical behavioral modification program designed to deliver sustainable weight loss and reverse obesity, pre-diabetes and metabolic syndrome — a cluster of risk factors that predict serious conditions such as diabetes, heart disease and stroke.

Wondr is a clinically proven program that teaches participants how to lose weight and improve their health without dieting. It's a mindful-eating program that teaches participants how they can lose weight while still eating all foods.

The Wondr program includes:

- Three months of weekly self-paced, skill-building video sessions
- Three months of brief weekly skill reinforcement videos to keep you on track
- Six months of 3-5 minute weekly videos to help keep off the weight
- Continued participation in the program is required to access the full-year program
- A mobile app for on-the-go access to sessions and tools
- A personal dashboard to access interactive videos along with tools to learn new skills and monitor progress
- Syncs with activity devices like FitBit® or Jawbone® to help monitor weight and steps
- An online community to connect with other participants for answers and inspiration

HOW THE WONDR PROGRAM WORKS IN BRIEF

Eligibility

All active BNSF employees who are: Obese (body mass index 30+) or Overweight (body mass index 25 – 30) and have one or more cardiovascular risk factors — high cholesterol, high blood pressure or diabetes.

Enrollment

Employees must complete an online application to apply. If the program is only offered periodically as a class, the employee must complete an online application within the designated time frame. Employees are notified via email of their acceptance approximately one to two weeks before the program start date and will receive a welcome kit a few days before the program begins.

Completion

Salaried Medical Program participants must complete 8 of the first 10 classes to receive the Healthy Steps Incentive the following plan year.

Claims

Preventive claims will be filed with BCBS or Cigna for salaried employees participating in the Wondr program who are enrolled in the BNSF Medical Program.

IMPORTANT RULES AND ADMINISTRATIVE INFORMATION

When Coverage Begins

When you begin the program - can be any time during year.

Leaves of Absence

Employees on a Leave of Absence are not eligible to initiate participation during their leave time frame.

When Coverage Ends

Once you have started the Wondr program, you are eligible to complete the program.

General and Administrative Information

This SPD contains detailed information, including your privacy rights, which may assist you in using the program. Refer to the chapters of this SPD titled *General Information About Your Rights to Benefits* and *Administrative Information* for details.

Your ERISA Rights

A federal law, ERISA, gives you important rights under the program. Those rights are described in the chapter of this SPD titled *Your Rights Under ERISA*.

WHO TO CALL ABOUT WONDR



For questions about eligibility for participation, call BNSF Employee Services at 817-593-6400 or 800-234-1283.

For assistance with Wondr, contact:

support@wondrhealth.com
12712 Park Central Dr. #100
Dallas, TX 75251