

Discover the Real WW



Backed by the latest science and made for real life, WW (Weight Watchers reimagined) is a leader when it comes to wellness.

Here are just a few of the reasons why we chose WW as our partner and why you can trust them with your weight and wellness goals.

1 | Doctors recommend WW

WW is the number one weight loss program recommended by doctors, according to a new survey of 14,000 doctors*. But that's not all! U.S. News & World Report has named WW the best diet for weight loss 11 years in a row.

2 | The WW app can help

WW members love the award-winning WW app! It's packed with tools that help members stay on track, wherever they are. The app includes food and activity trackers, workouts and meditations, personalized recipes, anytime coaching, and so much more.

3 | WW Coaches are real people

Our Coaches aren't bots, and they know what it takes to succeed! Through our app and through in-person and virtual workshops, WW Coaches motivate and support you every step of the way.

4 | WW isn't just about weight loss

The new **myWW+** program isn't just about food and weight loss. The program can also help you move more, sleep better, and shift to a healthier state of mind. Better yet, it starts with a personal assessment that builds your plan around you and your goals.

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5 | WW is grounded in science

WW's modern weight loss program is led by a group of innovative psychologists, nutritionists, and other experts. This team regularly partners with universities to conduct clinical research, ensuring that the program is rooted in the best science.



Reach your goals with WW!

To find out if you qualify and to learn more,
please call our health coaches at
1-866-635-7045 (TTY: 711).

**Based on a 2020 IQVIA survey of 14,000 doctors who recommend weight loss programs to patients.*

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If English is not your first language, we can help. Call **1-866-799-5318 (TTY: 711)**. You can ask us for the information in this material in your language. We have access to interpreter services and can help answer your questions in your language. You can get this material and other plan information in large print for free. To get materials in large print, call Member Services at **1-866-799-5318**.

Spanish: Si el inglés no es su lengua materna, podemos ayudarle. Llame al **1-866-799-5318 (TTY: 711)**. Puede solicitarnos la información en este material en su idioma. Tenemos acceso a servicios de intérpretes que pueden ayudarle a responder preguntas en su idioma. Usted puede obtener este material y otra información del plan en letra de imprenta grande gratis. Para obtener materiales en letra de imprenta grande, llame a Servicios a Miembros al **1-866-799-5318**.

Chinese: 如果英語不是您的第一語言，我們可以提供幫助。請致電**1-866-799-5318 (TTY: 711)**。您可以 用 您的語言向我們詢問此材料中的訊息。我們可以使用口譯服務，並用您的語言幫助回答您的問題。您可以大字體免費獲得此材料以及其他計劃資訊。如需以大字體獲得材料，請致電會員服務 **1-866-799-5318**。