

# WEIGHT WATCHERS WEIGHT-LOSS OFFERINGS

SOLUTIONS FOR HEALTHIER LIVES AND A HEALTHIER WORKFORCE.

## WEIGHT WATCHERS MEETINGS WITH MONTHLY PASS\*

**Flexible access to meetings at work and in the community, plus FREE eTools.**

- › The convenience of meetings at work\*\* plus unlimited community meetings
- › With eTools, track weight, find great recipes, and get **PointsPlus**® values for more than 40,000 foods to stay on track between meetings

**In-person guidance, strategies and tips.**

- › Leaders who have successfully lost weight with Weight Watchers
- › The advantage of group support
- › Works for men and women

## WEIGHT WATCHERS ONLINE†

**Follow the plan entirely online.**

- › The convenience for employees to go at their own pace, on their own time, from anywhere
- › Tailored websites that serve the unique needs of men and women
- › Interactive tools to track their eating habits and activity and see their progress as they lose weight
- › Access to over 1,500 recipes, including a Recipe Builder to create healthier versions of their favorite recipes

**EMPLOYEES CAN STAY ON TRACK NO MATTER WHERE THEY ARE .  
AT WORK, AT HOME OR ON THE GO.**

Weight Watchers Mobile included with Weight Watchers Online and Monthly Pass. Employees can track weight loss, get cooking tips, calculate **PointsPlus**® values and more while on the go, right from their smartphone.



**WE ARE YOUR COMMITTED PARTNER  
FOR A HEALTHIER WORKFORCE.**

**WeightWatchers**  
Health Solutions

**Because it works**

\*Monthly payment is required in advance. The subscriber will automatically be charged each month until they cancel. Monthly Pass is sold in participating areas only; may not be accepted for local and/or At Work meetings in all areas.

\*\*Available only in participating areas in the U.S. Minimum enrollment required to start an At Work meeting, minimum attendance required to maintain the At Work meeting.

† Weight Watchers Online subscriptions will be automatically renewed each month until cancelled.

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