



weightwatchers
reimagined



OEBB is proud to partner with WW
(Weight Watchers® Reimagined).

**We have exciting news
to share with you!**

Starting **October 1, 2019**, we're making it even easier to take advantage of OEBB's WW Program. Everyone who is enrolled in an OEBB medical plan will be able to sign-up for WW at **no cost**.

What's Easier:

- ✓ No credit card required
- ✓ No renewal forms
- ✓ No calling for codes

When you join WW, you can lose weight and build healthy habits with a science-backed program that fits your life. With WW you can still eat the foods you love and make progress toward your goal—supported by the easy-to-use app!

**For more information about the
WW and OEBB partnership visit:**
OEBBwellness.com

*Six-month pre-post study on 152 participants, conducted by the University of North Carolina at Chapel Hill, Weight Research Lab. Study funded by Weight Watchers. Sleep data and happiness data reported by trial participants after 6 months on WW Freestyle based on the Pittsburgh Sleep Quality Index and the Oxford Happiness Questionnaire.

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Following our program, you will:

Eat what you love.
WW Freestyle,™ our most effective and livable program yet, is proven to help people lose weight, sleep better, and feel happier.* It's based on our science-backed SmartPoints® system and nudges you toward a healthier pattern of eating, where nothing's off limits. Plus, there are 200+ ZeroPoint™ foods you don't have to weigh, measure, or track for extra freedom and flexibility!

Shift your mindset.
You'll learn how to think in new ways and handle tough moments with self-compassion. Through our partnership with Headspace®, a global leader in mindfulness and meditation, we also deliver curated content through the WW app to help you shift to a healthier mindset throughout your journey.

Do what moves you.
Our approach to activity is simple: if you enjoy it, you'll be more likely to keep at it, and it will help you reach your goals. Plus, we've partnered with Aaptiv, the leader in guided audio fitness instruction, to include on-demand activity routines in our app, led by Aaptiv's expert personal trainers.



Wellness that Works.™