

What's new this month at WW

Your support system is here!

Kick-start a wellness journey that's *all you* with wellness partner, WW. Get the guidance and motivation you need to stay on track with a plan that's unique to *your* body and goals.

- **For when you're ready to dig in...** 11,000+ family-friendly recipes and in-app restaurant guides
- **For when you're in the mood to make a move...** Expert-led obé Fitness workouts, included with your membership, get you active— whenever, wherever, and however you need.
- **For when you want more Zzz's...** A sleep tracker and personalized bedtime strategies help you score much-needed shut-eye.
- **For when you could use extra support...** Meet your biggest cheerleaders—and others on a similar journey—on Connect, WW's members-only social network.
- **For when you need to quiet your mind...** In-app Breathe meditations allow you to take a break, wind down, and shift to a helpful mindset.

WW member Chris M., lost 23 lbs* →

*People following the WW program can expect to lose 1-2 lbs/week.

Chris lost weight on a prior WW program and is continuing on PersonalPoints.



"My advice? Be patient and within time you will be where you need to be. We all have our own journey."

Antipasto Dip

An Italian spin on a seven-layer dip – refreshing and perfect for a gathering. [Click here!](#)



Ready to start your wellness journey?

Anyone age 18 and older enrolled in a PEBB medical plan can sign up at NO COST to you.

Visit PEBB.WW.com to learn more.