



WeightWatchers

WeightWatchers Overview

Prepared for OEBC Wellness Champions

Agenda

- Program overview
- Membership plans available
- Workshops In The Workplace
- Promotion for new members in October
- Marketing toolkit

WeightWatchers is rooted in science

There's a reason we're the #1 doctor-recommended program

WeightWatchers is at least 2x more effective for weight loss compared to DIY approaches, physician counseling, and even gold standard clinical programs.

- WW program proven to deliver improvements in quality of life by 19.4%, happiness by 4.6%, and sleep quality by 21.7%.⁹
- WW is proven to result in significant and sustained weight loss at not only one-year, but also two-year follow-ups.

WeightWatchers is 2 times as effective for weight loss than standard diabetes nutrition counseling and education, and produced greater improvements in glucose control in those with type 2 diabetes.⁵

- WeightWatchers is also recognized by the U.S. Centers for Disease Control and Prevention (CDC) as a diabetes prevention program.



for 13 years in a row!

[Sources](#)

Life is complicated - losing weight shouldn't be

**Nutrition made
simple**

No quick fixes

**A strong
support system**

How WeightWatchers Works

/01 meet the Point

The Points® system takes a food's specific nutritional info and turns it into a single number.

Calories

Fiber

Protein

Saturated Fat

Unsaturated Fat

Added Sugar

MONIKA P.

Szechuan Peanut Noodles
1 1/2 cups

6

/02 get your plan

After you join, answer some quick questions in our app. You'll immediately get a nutrition plan and Points to 'spend' each day.

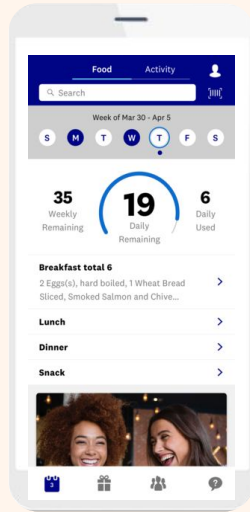
/03 make healthier choices

Points guide you to eat more nutritious foods and help you find portion sizes that are right for you.

/04 find your community

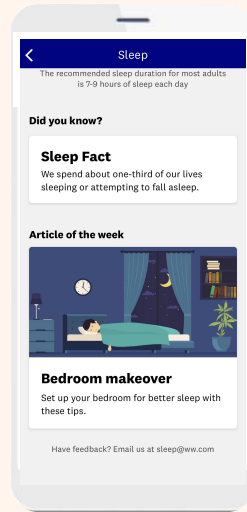
Meet members face-to-face or virtually at Workshops, and tap into our exclusive social network, 24/7. Share tips, recipes, and solutions for common challenges.

Our **award-winning app** delivers personalized content, with fully integrated tools, curated partner activities, plus 24/7 chat with live expert WW Coaches.



Food, activity and weight tracking

eat and move with more awareness to build healthy habits and reach your goals



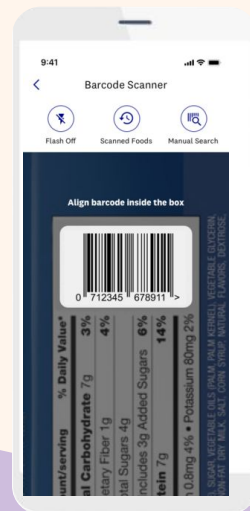
Sleep

tips &, techniques to improve sleep habits & track zzz's



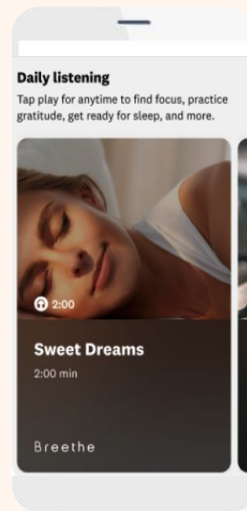
Connect

private, safe social community just for WW members



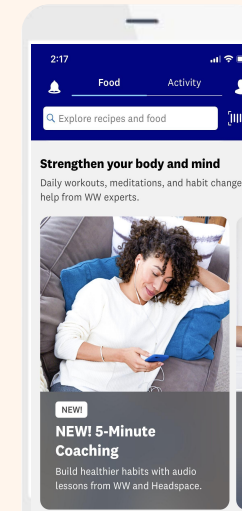
Barcode scanner

plus 12,000 recipes, What's in my Fridge, & meal planner tools



Breethe

meditation and mental wellness content to help shift your mindset



5-minute Coaching

audio lessons whenever you need them

Workshops

/ meet your support system

Expert coaches who get to know you. Members who have your back. Join an in-person Workshop near you to learn weekly techniques for weight loss in a welcoming, judgment-free zone.

/ what to expect in your 30 minute Workshop

- Confidential weigh-in 15 mins before the start time
- Learn practical tips led by an expert WeightWatchers Coach
- Meet members who get you and share commonalities
- *Available with Premium memberships.*

/ want to bring a workshop to your location?

- Reach out to Marissa Davison (marissa.davison@ww.com)
- Minimum threshold of 15 Premium Members to get process started
- Workshop in the workplace follow our Coach Led Model



Anyone enrolled in an OEGB medical plan age 18 or older are eligible to participate in WeightWatchers offerings.

WW Membership Plan	No Cost To Eligible Member
Core	\$0 per month
Premium	\$0 per month

To sign up or learn more, visit ww.com/OEGB

Don't miss this exciting offer!

Sign up by October 31st and get a **WW Smart Scale** with your membership.

After you've signed up, redeem for your scale at [WW.com/freescale](https://www.weightwatchers.com/freescale).



Step into fall with **healthier habits**

and get a **smart scale!***



on select plans

 WeightWatchers

The graphic features a teal header with the text 'Step into fall with healthier habits'. Below this is a photograph of a person's hands tying orange sneakers. A white circular callout contains the text 'and get a smart scale!*' and an image of the WW Smart Scale device. Below the callout, it says 'on select plans'. At the bottom left of the graphic is the WW logo and the brand name 'WeightWatchers'.

Marketing Toolkit

- **Updated Partnership flyer (English + Spanish)**



WeightWatchers

Thank you!

Contact information:

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Program and partnership information can be found at

ww.com/OEBB