

# Achieving a healthier lifestyle in the workplace

See how one company built a culture of health with WW Health Solutions™



## At a glance

**Company:** Schools Advisory Service

**Industry:** Educational Insurance Provider

**Opportunity:** Schools Advisory service wanted to offer their employees a weight management service to achieve a healthier lifestyle

**Solution:** WW Health Solutions and its nationally-recognised, scientifically-proven and holistic approach to weight management fit their needs

**Results:** Over the durations of the programme, employees lost a combined 4011 pounds

## A leading UK educational insurance provider wanted to improve its employees' health & wellbeing

There are significant workplace costs associated with obesity. For an organisation employing 1,000 people, this could equate to more than £126,000 a year in lost productivity due to a range of issues including back problems and sleep apnoea.

This organisation wanted to provide opportunities to its employees' to be healthy in the workplace. To benefit their employees' wellness and the organisation's productivity, they wanted to find an effective solution.

## WW Health Solutions was the answer to their needs

The organisation discovered WW Health Solutions, a company with a 55-year history and brand reputation – an ideal partner. Not only did WW meet their high standards, but the organisation remained confident that this partnership would enable their employees to engage with a sustainable programme that encompasses healthy eating, physical activity and positive mindset.

With over 4,500 workshops nationwide, employees received a referral to attend 12 face-to-face group workshops over 16 weeks combined with a digital experience.

## Get in touch

Learn what WW Health Solutions can do for your organisation

[www.com/uk/what-we-offer/health-solutions](http://www.com/uk/what-we-offer/health-solutions)



**Health Solutions™**



# 88%

of employees  
lost weight

## Participants gained access to WW Freestyle™, a behaviour change expertise consisting of:

**Food** - a proven SmartPoints system & 200+ ZeroPoint foods

**Activity** - personalised fitness goals and on demand audio workouts with Aaptiv

**Mindset** - curated content and mindfulness exercises from Headspace

**Digital** - WW app, 24/7 support with Online Coach and Connect - WW social member community

## WW Health Solutions helped the organisation make weight management a reality

Employees lost a combined 4011 pounds (1819 kilos). The average weight loss per member was 10.9 pounds (4.93 kilos). 64% of employees completed the programme with the average number of sessions attended being 8.7. 70% of employees lost 3% or more with 53% losing a minimum of 5% weight loss. The average BMI change was 1.8kg/m<sup>2</sup>.

## Employees were very satisfied with their new well-being programme

The organisation's employees had great things to say about WW. They were grateful for an on-site resource and many spoke of how the support they received from each other was the key to their success. They cheered each other's victories.

“Personally, I found the plan easy to follow and the support from my coach was brilliant. I had tried every diet going and never been as successful. I lost over 50lbs and the app is an amazing tool, it really helps to keep me focused and on track. I will eternally be grateful to WW” -Deputy Head Of Nursing

## The impact of WW is clear

 4011 lbs combined pounds lost with Digital + Studio™

 10.9 lbs average weight loss

 70% of all employees lost > 3% weight loss

 53% of all employees lost > 5% weight loss

 70% of completed employees lost > 5% weight loss

 1.8 kg/m<sup>2</sup> BMI change

Considering just 5% weight loss can lead to improved cholesterol, blood pressure, blood sugar, mood and quality of life, this organisation is well on their way to improving the health & wellbeing of its employees. Discover what WW could mean for your organisation today.