

# Introducing the new WW (Weight Watchers® Reimagined) program:



Experience our most  
customized program  
ever with **myWW™**

When it comes to losing weight, everyone's needs are different. That's why, **for the first time ever**, WW is offering multiple ways to experience the journey with three different plans: Green, Blue, and Purple.



## 1 program, 3 ways to live it

### Green

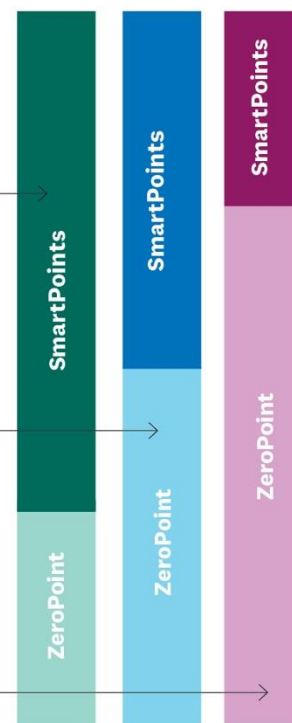
Green has a sizeable SmartPoints Budget and 100+ ZeroPoint foods including fruits and vegetables.

### Blue

Blue has a moderate SmartPoints Budget and 200+ ZeroPoint foods including fruits, vegetables, and lean proteins.

### Purple

Purple has a modest SmartPoints Budget and 300+ ZeroPoint foods including fruits, vegetables, lean proteins, and whole grains.



When you join WW, you'll be matched with a plan that best fits your lifestyle. Current members can choose which plan to continue based on their preferences.

## Get started today!

All **Medical Mutual of Ohio** employees are eligible for an upfront discounted WW membership.

**Enroll** in WW by emailing [weightwatchers@medmutual.com](mailto:weightwatchers@medmutual.com). Provide your name, date of birth and 12-digit ID number from your Medical Mutual member card or 6-digit employee number if you are not on the medical plan. You will then receive an enrollment guide.

