



weightwatchers
reimagined



Our most customized program ever, *myWW*,™ is proven to make weight loss easier. ^

Our Virtual and in-Studio Workshops deliver science-backed techniques to help you eat what you love and still **lose weight**.

Get all this in our award-winning app!



1

Guidance *exactly* when you need it. Chat with a WW Coach 24/7. We're here to help!

2

8,000+ *delicious* recipes. Everything's on the menu. We've got thousands of healthy and satisfying recipes you can filter by dietary needs, prep time, and more.

3

An *uplifting* community. Our Connect social network is an inspiring hub where members share stories, swap recipes, and celebrate each other's successes.

4

App features that help you *feel your best*. In addition to food and activity tracking, our new water and sleep trackers ensure you're staying hydrated and getting enough shut-eye.

5

Ways to *move more and stress less*. Boost your activity with Aaptiv and FitOn virtual workouts. Access curated Headspace® meditations that help with stress, mindful eating, sleep, and more.

6

Exciting *rewards and experiences*. Our one-of-a-kind free rewards program, WellnessWins™, delivers inspiration for the small steps you'll take towards reaching your goals.

Join WW today to build healthy habits and start losing weight!

IU Health team members are eligible for WW discounted rates.

Team members making more than \$18.69 per hour are eligible for a 50% subsidy. When enrolling, select "employee."

Team members making \$18.69 or less are eligible to receive a 100% subsidy. When enrolling, select "member."

To sign up for WW or learn more, visit [WW.com/us/IUHealth](https://www.com/us/IUHealth)

Need help signing up? Call WW Customer Service at 866-204-2885.

^In 6-mo study, 88% of participants said myWW was an easier way to lose weight vs. when they tried on their own, funded by WW.

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