

Discover the Real WW



Backed by the latest science and made for real life, WW (Weight Watchers reimagined) is a leader when it comes to wellness.

Here are just a few of the reasons why we chose WW as our partner and why you can trust them with your weight and wellness goals.

1 | Doctors recommend WW

WW is the number one weight loss program recommended by doctors, according to a new survey of 14,000 doctors*. But that's not all! U.S. News & World Report has named WW the best diet for weight loss 11 years in a row.

2 | The WW app can help

WW members love the award-winning WW app! It's packed with tools that help members stay on track, wherever they are. The app includes food and activity trackers, workouts and meditations, personalized recipes, anytime coaching, and so much more.

3 | WW Coaches are real people

Our Coaches aren't bots, and they know what it takes to succeed! Through our app and through in-person and virtual workshops, WW Coaches motivate and support you every step of the way.

4 | WW isn't just about weight loss

The new **myWW+** program isn't just about food and weight loss. The program can also help you move more, sleep better, and shift to a healthier state of mind. Better yet, it starts with a personal assessment that builds your plan around you and your goals.

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5 | WW is grounded in science

WW's modern weight loss program is led by a group of innovative psychologists, nutritionists, and other experts. This team regularly partners with universities to conduct clinical research, ensuring that the program is rooted in the best science.



Reach your goals with WW!

To find out if you qualify and to learn more,
please call our health coaches at
1-866-635-7045 (TTY: 711).

**Based on a 2020 IQVIA survey of 14,000 doctors who recommend weight loss programs to patients.*

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ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-877-389-9457 (TTY: 711).**

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