



**Health
Solutions**

TINA M.,
WW MEMBER

**We inspire
healthy habits
for real life.***

*** For people, families, communities,
the world—for everyone.**

WW delivers wellness that works.

WW Health Solutions partners with employers to propel happier, healthier, more engaged workplaces and communities.

Following our program your employees will:

Eat what they love.

Based on our science-backed SmartPoints® system, WW nudges people toward a healthier pattern of eating. And ZeroPoint™ foods make losing weight even simpler. These nutritional powerhouses are less likely to be overeaten than other foods, so they don't need to be measured or tracked.

Shift their mindset.

Your employees will learn how to think in new ways and handle tough moments with self-compassion. Plus, our partnership with **Headspace®**, a global leader in mindfulness and meditation, delivers curated content through the WW app to help members shift to a healthier mindset throughout their journey.

Do what moves them.

Our approach to physical activity is simple: if you enjoy it, you'll be more likely to keep at it. Members can track their activity with **FitPoints 2.0**, designed to encourage activity choices based on what will have the greatest impact on their health and wellness. Plus, we've partnered with **FitOn** and **Aaptiv**, leaders in fitness instruction, to include on-demand activity routines in our app, led by expert personal trainers.

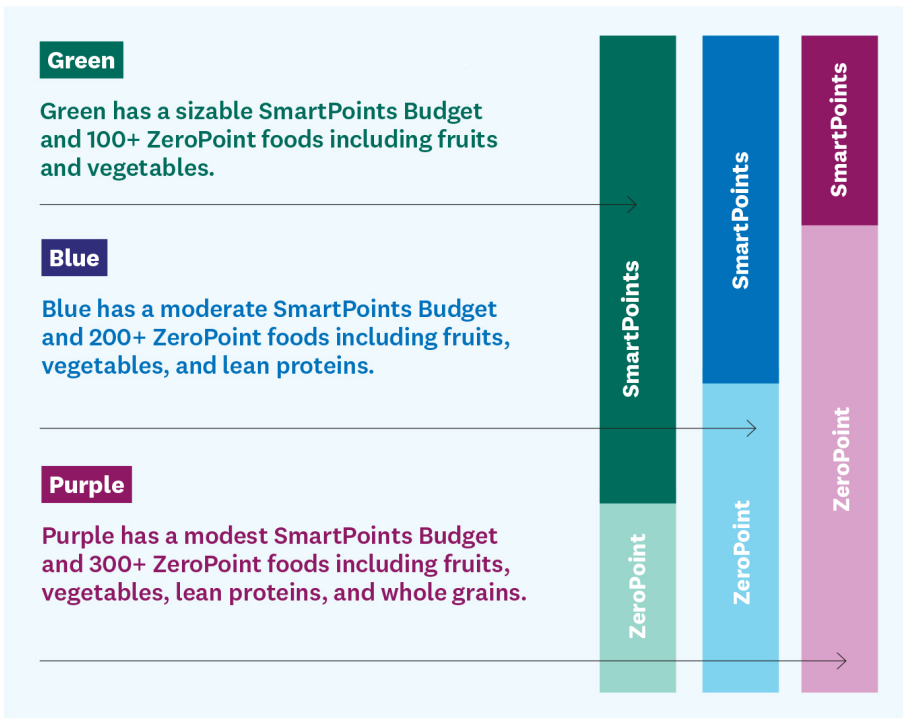


KENDRA V.,
WW COACH

Our customized program is proven to make weight loss easier.⁺



It all starts with our SmartPoints® system, which takes complex nutritional data and boils it down to one simple, easy-to-understand number: **the SmartPoints value.**



The myWW™ program tailors weight loss to your employees' lives.

- **It's customized.** A personal assessment matches members to the food plan that best fits their preferences and lifestyle.
- **It's liveable.** Members can eat out or cook at home—no special food required.
- **It's doctor-approved.** WW is the #1 doctor-recommended weight-loss program**

⁺ 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.
^{**} Based on a 2019 survey of 500 doctors who recommend weight loss programs to patients.

Members stay motivated throughout their journey.

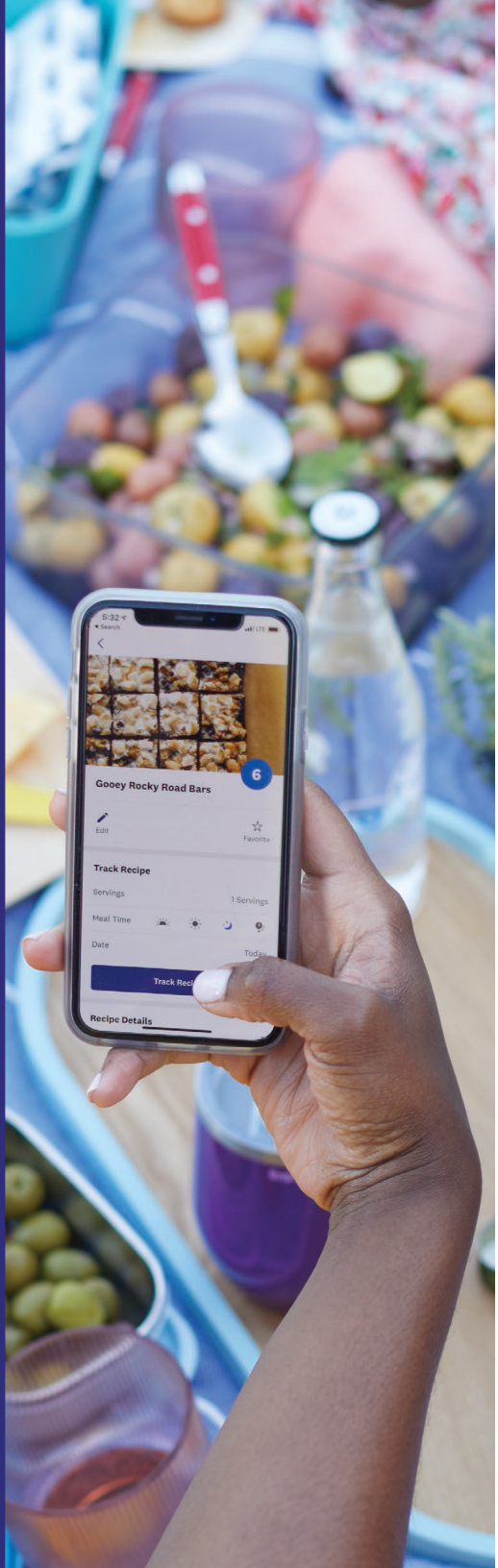
Our award-winning app will enable your employees to:

Find support
Your employees will have access to our incredibly supportive members-only digital community, Connect, right on the WW app. They can join a Connect Group to find like-minded members, such as age, hobbies, and more.

Try something new
Members can search the app for over 8,000 delicious recipes or create and save their own.

Get rewarded
With WellnessWins™, WW's own rewards program, members earn "Wins" for building healthy habits. Wins can be redeemed for exciting experiences or products delivered right to their door.

Quickly scan
Members can use the barcode scanner on most nutritional label to see and track the SmartPoints value instantly.
...and so much more!



Support to help them succeed.

No matter how they choose to follow WW, we'll be with your employees every step of the way.

Digital

Our easy-to-use app will guide your employees with tools to track food and activity, chart their progress, connect with our members-only community, and more.

Workshops + Digital

Your employees will receive guidance and motivation from a trained WW Coach, and support from fellow members through their choice of Virtual Workshops or in-person Workshops held at our WW studios. Includes all the benefits of Digital.

WW for Diabetes*

Tailored to those with type 2 diabetes, members get unlimited access to a Certified Diabetes Educator and individual guidance. Includes all the benefits of Digital + Workshops.

Kurbo by WW*

Employees can help their children and teens lose weight, eat healthier, and move more with this easy-to-use mobile app and personal coaching program.

Answers to all their questions, 24/7.

Members have around-the-clock access to our **Chat with a Coach** feature, available online and in the app whenever they need support.



Our Strategic Partnership Benefits:

- Preferred pricing for your organization and employees
- Data analysis on participation and weight-loss reporting
- A dedicated account manager to help make your program a success
- Customized employee communication materials
- Customized website for employee and member registration

We work with you from day one of launch through the whole program to ensure your employees are engaged.

Co-branding available for employers with 3,000 or more eligible employees with the ability to subsidize 50-100% of the cost of WW programs and promote WW to eligible employees with our support.

*Available for employers with 3,000 or more eligible employees with the ability to subsidize 50-100% of the cost of WW programs.



Health Solutions

WW delivers wellness that works.

To learn more about how WW partners with organizations to deliver on their wellness goals:

Email: healthsolutions@wwphl.com

Phone: 800-456-6363 Ext. 1163

No fads, just proven science

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