



Health Solutions

Empowering workforces
to adopt
healthier habits together
for real life ... the good life

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.

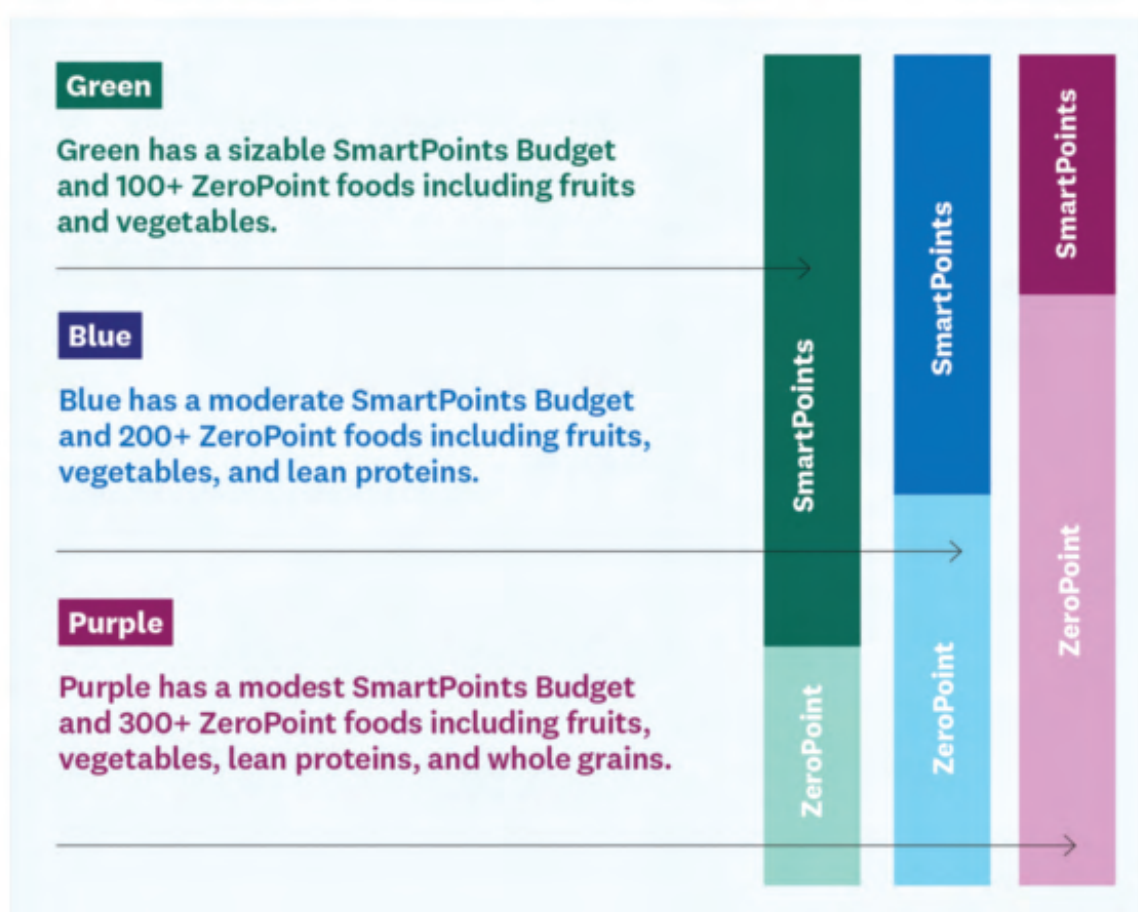


KENDRA V.,
WW COACH

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.

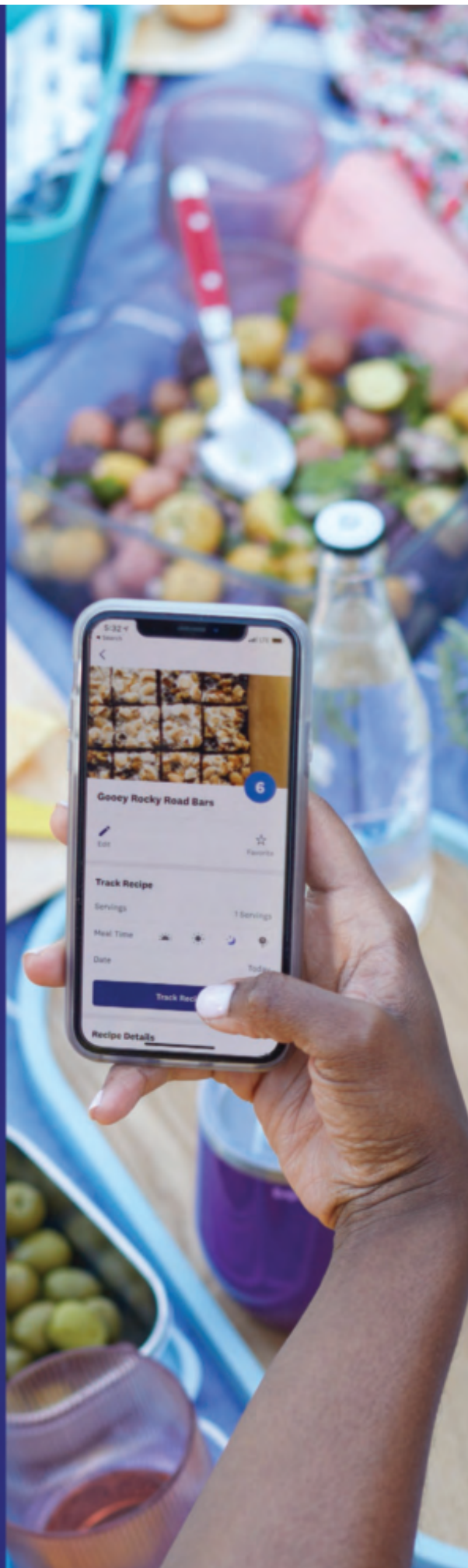
Get rewarded

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

We'll be with your employees every step of the way.
And, conveniently our Coaches come to your location

WW partners with employers

to deliver custom wellness strategies — powered by the most scientifically-proven weight loss program — that positively impact health and culture while promoting sustainable behavior change.

WW Workshops + Digital + Virtual

Employees will receive guidance and motivation from a trained WW Coach, who comes to your workplace, and support from fellow co-workers. The WW At Work Workshops + Digital + Virtual Workshops include all the benefits of the in-person, live Studio Workshops –but we deliver! Your own personal coach for your own group of coworkers.

WW Health Solutions

Partners with employer to propel happier, healthier, more engaged workplaces.

A “team” mindset is enhanced by getting healthy together.

By participating in Health Solution

You and your co-workers will

- learn to create and repeat healthy habits
- eat what you love ...
- love getting healthy together
- do what moves you to move more

Be inspired by doing it together.





Our Strategic Partnership Benefits:

- Preferred pricing for your organization and employees
- Attendance and weekly weight loss records
- A dedicated account manager to help make your program a success
- Customized employee communication materials
- A “team” mindset is enhanced by getting healthy together

**We work with you
from day one of launch
through the whole program**



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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