

Partner for Success: Our Program

WeightWatchers is committed to providing the most effective, livable, and flexible weight-loss program possible for your entire population.

Make it easy for your population to build healthy habits with user-friendly, science-backed tools

Provide immediate scalability across your populations

Deliver real, measurable results tied to your population health objectives



As little as 5% weight loss makes a big difference.

Weight loss can reduce the risk for chronic conditions – including type 2 diabetes, heart disease, osteoarthritis, and obesity-related cancers – and ultimately lower your healthcare costs.¹

▶ here's how we help

Proven science for healthy, lasting change. A powerful combination of nutritional and behavioral change optimizes sustainable weight loss and health outcomes for lifestyle-related conditions.

Accountability that helps your program succeed with compassionate coaching and 24/7 connected experiences for your people and an exceptional customer experience for you.

Easy and intuitive approach. A personalized nutrition plan for individuals provided through flexible, easy-to-use, and scalable program options.

More than just weight loss. Program delivers results beyond weight loss, including improved total health, quality of life, and ongoing value on investment.

a powerful tool for weight-loss success

Core membership provides an accessible, simple digital experience for members to unlock our easy-to-use tools to lose the weight they want.

Members get a science-backed nutrition plan personalized for their lifestyle, trackers, recipes for meal inspiration, 24/7 coach support, and more – all in our app.

anywhere, anytime

Our award-winning app is at the heart of the member's experience, putting anywhere, anytime access at their fingertips.



Science-backed nutrition plans



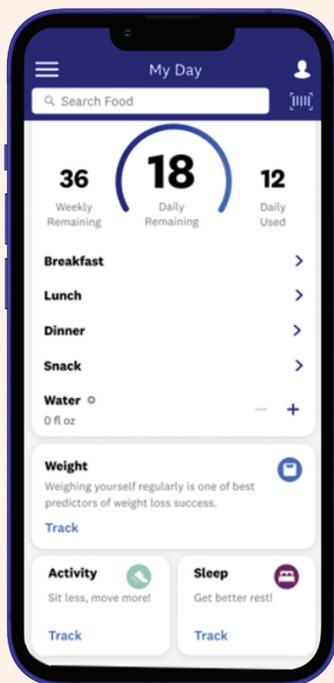
Meal planning tool & recipes



Tracking features



On-demand workouts



24/7 live coaching



Members-only digital community



Audio lessons promoting behavior change



Mindfulness & meditation resources



References:

1 Even a modest weight loss of 5% to 10% of your total body weight is likely to produce health benefits, such as improvements in blood pressure, blood cholesterol, and blood sugars. Division of Nutrition, Physical Activity, and Obesity, National Center for Chronic Disease Prevention and Health Promotion Vidal J. Updated review on the benefits of weight loss. *Int J Obes* 2002;26(S4):S25-S28. Vincent HK et al. Weight loss and obesity in the treatment and prevention of osteoarthritis. *PM R*. 2012;45(5 0): S59-S67. National Cancer Institute. Obesity and Cancer Risk. Accessed: <http://www.cancer.gov/about-cancer/causes-prevention/risk/obesity/obesity-fact-sheet#q13>. Jensen MD et al. (2013) 2013 AHA/ACC/TOS guideline for the management of overweight and obesity in adults: a report of the American College of Cardiology/American Heart Association Task Force on Practice Guidelines and The Obesity Society. *Circulation*. Blissmer B. et al. Health-related quality of life following a clinical weight loss intervention among overweight and obese adults: intervention and 24 month follow-up effects. *Health and Quality of Life Outcomes* 2006;4:43. Alfaris N. et al. Effects of a 2-year behavioral weight loss intervention on sleep and mood in obese individuals treated in primary care practice. *Obesity* 2015;23:558-564.