



**Health
Solutions**



We inspire
healthy habits
for real life.*

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

A Corporate Wellness Program that Works

WW Health Solutions partners with employers to foster happier, healthier, more productive workplaces and communities.

Employees following WW's new PersonalPoints™ Program will:

Eat what they love

Our innovative, science-backed algorithm encourages healthier choices—without depriving members of *any* moments that bring joy.

Shift their mindset

Your employees will learn how to think in new ways and handle tough moments with self-compassion.

Move more

WW helps members discover workouts they enjoy and find ways to fit activity into their busy schedules.



Score more zzz's

Sleep quality impacts wellness and productivity, which is why WW guides members toward healthier sleep habits.

Feel supported

Community is at the heart of WW, both in-person and virtually. Members can find support at every step.



**Answers
to all their
questions,
24/7.**

Members have access to **24/7 Live Coaching**, a chat feature that's available both in the app and online.

Jenni C.
WW member
lost 00 lbs



Our Most Individualized Program—Ever!

WW's new PersonalPoints Program™ delivers a customized path to weight-loss and wellness. Each employee's plan is based on *their* body, *their* goals, and *their* food preferences—no two plans are the same.

NEW

PersonalPoints

An insider look at our innovative new program:

Tailored PersonalPoints

Members receive a unique Points® Budget and ZeroPoint™ foods list (foods they don't need to track or measure) customized to what *they* love.

Science made simple

WW makes healthy eating simple by boiling complex nutritional information down to one number—a PersonalPoints value—so members can just eat and track.

For the first time ever, members can earn Points!

Employees can now add Points to their Budget by eating non-starchy veggies, drinking more water, and being active.

Partner with the best!

#1

best weight-loss diet according to US News & World Report



#1

weight-loss program recommended by doctors*

2x

more effective for weight loss than do-it-yourself**



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

**Based on a 2019 study published in Obesity Science & Practice.

Put Success in the Palm of Their Hands

Your employees need a program that supports them when they need it most. WW offers an integrated plan that's accessible 24/7 thanks to a user-friendly app.

WW's award-winning app will help your employees:

Stay on track

Science-backed food, activity, water, and sleep trackers keep members moving toward their goals.

Get dinner on the table

WW's 'What's in Your Fridge?' tool, restaurant database, and over 10,500 family-friendly recipes simplify meal planning.

Find inspiration

Expert-led video workouts, 24/7 live Coaching, and in-person and Virtual Workshops keep employees motivated.*



Gain perspective

Employees can tap into meditations, audio coaching sessions, and a library of content whenever they need added support.

Build community

Connect, WW's member-only social network, is the place to find advice and encouragement from others on a similar wellness journey.



* Coaching and Workshops only available with specific plans.

Support for Every Employee

Wellness isn't one-size-fits all experience, which is why we offer unique membership options to needs of your diverse workforce.

Digital

An innovative app for self-guided weight loss and wellness. It's packed with tools to help employees stay on track, like food and activity trackers, guided meditations, recipes, and more.

Digital 360

All the benefits of Digital, plus flexible coaching from inspiring WW Coaches along with live and on-demand wellness experiences—right in the WW app.

Unlimited Workshops + Digital

This option includes guidance from trained WW Coaches and support from fellow members through both Virtual and in-person



WW members Jacqueline S. and Jessie D.

Workshops. Plus, the benefits of Digital.

Kurbo by WW[^]

Employees can help their children and teens eat healthier, move more, and feel great with Kurbo's research-backed program, video-based personal Coaching, and a fun-to-use mobile app.

WW for Diabetes[^]

Tailored for those living with diabetes, members receive a food plan that's customized to their needs and unlimited access to a Certified Diabetes Educator, plus all the benefits of Unlimited Workshops + Digital.



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

The Benefits of Partnering with WW

We're here to help you and your employees find success. Learn how WW works with organizations like yours to promote wellness for all.

WW makes it easy to implement an employee wellness program that can help you:

- ✓ Address rising healthcare costs
- ✓ Boost workforce productivity
- ✓ Support talent acquisition and retention

What you'll get as our partner:

- ✓ **Preferred pricing** for your organization
- ✓ **Data analysis** on participation and progress reporting



WW member Beatriz F.

- ✓ Customized employee **communication materials**
- ✓ A **dedicated account manager** to support your program
- ✓ Customized **website** for employee registration

We work with you from day one to keep your employees informed, engaged, and successful.



WW Delivers Wellness That Works



WW members Joe K., Shannon M.

Ready to take the
next step?

Get in touch to learn how WW
can help your organization
deliver on its wellness goals.

WW.com/hr
healthsolutionsales@ww.com
800-828-9675

