



**weightwatchers  
reimagined**



**MEDICAL MUTUAL**



# Healthier habits start here

Medical Mutual and WW (Weight Watchers® Reimagined) are working together to help you reach your wellness goals. Through this partnership, get an **upfront discounted WW membership and join now for as low as \$11.87 per month<sup>1</sup>.**

## For all Medical Mutual members

### WW's customized program is proven to make weight loss easier.

Everyone's weight-loss needs are different. That's why WW's program, *myWW*<sup>™</sup>, is customized to make losing weight easier for you<sup>2</sup>.

When you join WW, you can lose weight and build healthy habits with a science-backed program that's tailored to your life.

### Why WW?

**Easy-to-use app and website:** Track your food, activity, and weight any time with our digital tools.

**Endless food options:** With our database of 8,500+ delicious recipes, you'll eat what you love and lose weight.

**Inspiration & connection:** Access our members-only online community, day or night and meet others on a similar journey.

**Workshops\*:** Share your journey and gain inspiration from a group of fellow members and a WW Coach.

\* Only available on Workshop + Digital membership

## WW for Diabetes<sup>3</sup>

**This program combines the proven WW approach with confidential, and unlimited one-to-one support from a Certified Diabetes Educator (CDE).<sup>4</sup>**

You'll get all the best of WW plus an additional layer of tailored support to help members with type 2 diabetes address weight loss and maintain healthy blood sugar.

## Pricing

Digital	<b>\$11.87</b>
Digital + Workshops	<b>\$26.75</b>
WW for Diabetes	<b>\$26.75</b>

**Enroll** in WW by emailing [weightwatchers@medmutual.com](mailto:weightwatchers@medmutual.com). Provide your first and last name, date of birth, address, email address, phone number, and member ID number from your Medical Mutual member card. You will then receive an enrollment guide.

Not a Medical Mutual member? Enroll in WW at [WW.com](http://WW.com) and pay the retail price per month. Excludes WW for Diabetes.

<sup>1</sup> "As low as" price reflects the Digital membership plan for an employee. Monthly payment is required in advance. You will be automatically charged each month in accordance with company pricing until you cancel or your employment with your company terminates. Available in participating areas only.

<sup>2</sup> In a six-month study, funded by WW, 88% of participants said *myWW* was an easier way to lose weight versus when they tried on their own.

<sup>3</sup> WW for Diabetes membership plan: May be available to those who meet eligibility criteria, and participation requires a Workshop + Digital subscription, the availability of which will vary in accordance with company size and commitment. Further restrictions apply.

<sup>4</sup> The WW for Diabetes information and guidance provided by the CDE is not intended as a substitute for medical diagnosis or treatment; you should always consult your physician about any healthcare issues.

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