



Reduce your
healthcare costs
and increase
employee
productivity
with America's
trusted name
in weight loss.

1-800-8-AT-WORK
(1-800-828-9675)

Obesity has reached epidemic proportions in the U.S., resulting in higher healthcare costs and lost productivity due to associated absenteeism and premature death. In response to this crisis, Weight Watchers developed Corporate Solutions. This flexible and comprehensive group of four weight-loss offerings is designed to accommodate both large and small companies, including those with smaller satellite offices, who want to help their employees achieve a healthy weight. With Corporate Solutions from Weight Watchers, you can choose the solution (or combination of solutions) that best suits your business.

It's been proven that attending meetings leads to successful weight loss. Research shows that people who attend Weight Watchers meetings lose three times more weight than people dieting on their own.¹ **At Work meetings** are the most convenient and effective way to deliver the Weight Watchers program to your employees. For employees who prefer attending meetings in their community, **Local Meeting vouchers** allow them to attend Weight Watchers meetings at a special price when and where it suits them.

For employees who cannot attend meetings, there are two alternatives. An **Online subscription** to Weight Watchers Online provides employees interactive resources to follow our plan step-by-step. Finally, employees can order our convenient **At Home kit - Corporate Edition** for information and resources to follow our plan at home.

AT WORK meetings^{*1}

A Weight Watchers leader comes to your workplace to provide experienced guidance at weekly meetings that fit perfectly into the busy workday. Employees benefit from the proven advantage of group support for successful weight loss with co-workers who understand the workplace environment best.

LOCAL MEETING vouchers^{*}

This prepaid savings plan offers employees the flexibility of attending Weight Watchers meetings in their community when and where it suits them best. Employees benefit from an experienced Leader and group support from fellow members.

ONLINE subscription

Employees can follow Weight Watchers, step-by-step online, with interactive tools and resources like a weight tracker, progress charts, restaurant guides, and hundreds of recipes and meal ideas. Plus, connect with our free online community, day or night, for inspiration and motivation.

AT HOME kit - Corporate Edition^{*}

The At Home kit - Corporate Edition gives you information and resources to follow our plan step-by-step at home. The kit includes weight-loss tools and bonus products that are conveniently delivered to your home, along with access to a Toll-free Helpline with weekly progress reporting.

¹Heshka S, et al. Weight Loss With Self-help Compared With a Structured Commercial Program: A Randomized Trial. *JAMA*. 2003; 289(14):1792-1798.

^{*}Available only in participating areas in the U.S. [†]Minimum enrollment required. WEIGHT WATCHERS is the registered trademark of Weight Watchers International, Inc.

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