We inspire healthy habits for real life.*

* For people, families, communities, the world—for everyone.
After decades of helping people lose weight, WW (Weight Watchers® Reimagined) is fully embracing its purpose of inspiring healthy habits for real life and making wellness accessible to all.

**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 Aaptiv, the leader in guided audio fitness instruction, to include on-demand activity routines in our app, led by Aaptiv’s expert personal trainers.

Following our program your employees will:
Our customized program is proven to make weight loss easier.†

When it comes to losing weight, everyone’s needs are different. That’s why, for the first time ever, WW is offering more than one way to experience the journey. With myWW™, your employees can be confident that they’re on the right path for them.

**Green**
Green has a sizable SmartPoints Budget and 100+ ZeroPoint foods including fruits and vegetables.

**Blue**
Blue has a moderate SmartPoints Budget and 200+ ZeroPoint foods including fruits, vegetables, and lean proteins.

**Purple**
Purple has a modest SmartPoints Budget and 300+ ZeroPoint foods including fruits, vegetables, lean proteins, and whole grains.

†In a six-month study funded by WW, 88% of participants said myWW™ was an easier way to lose weight vs. when they tried on their own.

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!

Members stay motivated throughout their journey.

Members stay motivated throughout their journey.
Here’s how employees can follow the WW program.

Digital

Our easy-to-use app will guide your employees. It provides tools to track food and activity, chart their progress, connect with our members-only community, and more.

Digital + Workshops

Research shows that WW members who attend Wellness Workshops regularly, especially during their first four weeks, lose more weight over the long term. They can attend Workshops in their community or in their workplace. Includes all Digital tools.

Our Strategic* Partnership Benefits:

- Custom proposal, including offerings and summary of features, pricing, and funding options as well as an implementation timeline
- Data analysis on participation and weight-loss reporting
- A dedicated account manager to help make your program a success
- Preferred pricing for your organization and employees (participant and population funding options available)
- Employee communication materials
- Website for employee and member registration

*Criteria: Employer has 100 or more eligible employees with the ability to subsidize or reimburse a portion of the cost of WW programs and promote WW to eligible employees with our support.

We work with you from day one of launch through the whole program to ensure your employees are engaged.

Answers to all their questions, 24/7.

Members have around-the-clock access to our Chat with a Coach feature, available online and in the app whenever they need support.

Try a WW recipe!

Chickpea-lemon bruschetta

Prep time 15 min | No Cook | Servings 12

1 (15 ½ oz) can chickpeas, rinsed and drained
¼ cup finely chopped red onion
Grated zest of 1 lemon
1 Tbsp lemon juice
2 tsp olive oil
1 garlic clove, minced
Pinch cayenne
1 (8 oz) baguette, cut on diagonal into 12 slices and lightly toasted
½ tsp paprika (preferably smoked)
Coarsely chopped fresh flat-leaf parsley

In a medium bowl, using a fork, mash chickpeas. Add onion, lemon zest, lemon juice, oil, garlic, and cayenne, stirring until mixed well.

Spoon chickpea mixture onto toasts and sprinkle with paprika and parsley.

Serving size: 1 bruschetta

SmartPoints value per serving

2 2 3
No fads, just proven science