



**Health
Solutions**

Wellness That Works

We inspire happier, healthier workforces



WW (WeightWatchers) Health Solutions

Rethink wellness at work with WW Health Solutions.

Stress and burnout among employees are reaching record highs. In response, employers are taking another look at what they can do to help boost employee health. Investing in proven wellness programs can help improve the quality of life for employees, while increasing engagement and reducing healthcare costs for employers. But how do you decide which wellness programs will work for your workplace? Let the evidence speak for itself.

WW Health Solutions gives employers a **proven, evidence-based** weight management program, **personalized** for each employee, **easy for employers to implement** and accessible for employees to use **anytime and anywhere.**



A program based on facts, not fads

WW remains firmly rooted in nutrition and behavior-change science, and this evidence-based approach continues to drive real-life results:

#1 doctor-recommended program for weight loss¹

#1 best diet — 12 years in a row²

Members achieve an average **8% weight loss**³—and a 24% boost in their quality of life

WW is **27x more effective** for weight loss in those with prediabetes compared to a self-initiated program and produces greater improvements in glucose management⁴



600+
clients
*across
the U.S.*

¹ Based on a 2020 IQVIA survey of 14,000 doctors who recommend weight-loss programs to patients.

² U.S. News & World Report (2011–2022).

³ Based on 6-month single-arm trial conducted at the Medical University of South Carolina, sponsored by WW.

⁴ Marrero DG, Palmer KN, Phillips EO, Miller-Kovach K, Foster GD, Saha CK. Comparison of commercial and self-initiated weight loss programs in people with prediabetes: A randomized control trial. Am J Public Health. 2016;106(5):949-956.



WW Health Solutions stands out

With decades of experience integrating WW with a variety of organizations, we know how to make your program easy and successful from the very start. Here's how:

We make it sustainable

We've built our program around real-world eating behaviors and health habits. We know how our members live and have created a program that's sustainable for the long term.

We make it personal

Each employee receives a personalized plan and has access to a wide range of tools tailored to their needs, whether they're focused on weight loss, managing their diabetes, or building healthy habits.

We make it accessible

The program provides members with digital, always-on support and innovative, at-your-fingertips tools, including personalized coaching, robust and lively digital communities with more than 2 million active monthly participants, plus an award-winning app.



*Wellness benefits are popular with employees.
Organizations offering more wellness programs are
more likely to attract and retain workers.**

*MetLife's U.S. Employee Benefit Trends Study 2022



*86% of employers feel they have a responsibility for the health and well-being of their employees.**

* MetLife Employee Benefit Trends Study 2022

We make it scalable

You decide how big you want to go, whether you want to offer a weight loss program as part of your employee-wide benefits package or focus on employees that need it the most, such as those at risk for diabetes, heart disease or other chronic conditions.

We make it easy

You'll be supported by a comprehensive package of professional services, including a dedicated Account Manager, a customized registration website, customizable marketing materials, data analysis on participation and progress, and more.

We make it affordable

As our partner, you'll get preferred pricing for your organization with flexible pricing models.

Together, we'll build a framework to help employees get healthier

Employees following WW's program will be set up for success in the key areas of food, activity, mindset, and sleep. They will:



Eat what they love

Our innovative, science-backed PersonalPoints™ 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.

The WW app puts success in the palm of their hand

WW offers a digital-first integrated plan that's accessible 24/7 thanks to a user-friendly app, so your employees will have the support they need anytime they need it.

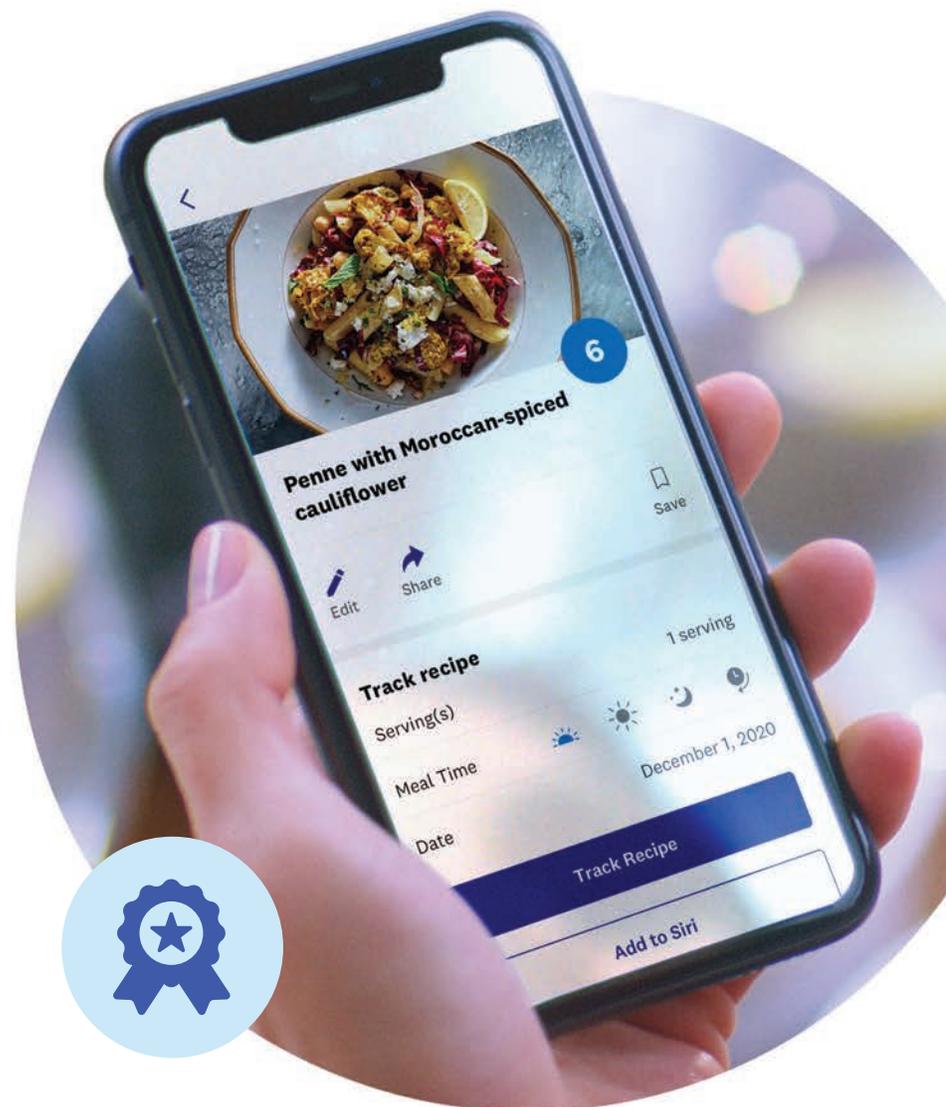
WW's award-winning app will help your employees:

Adopt healthy eating behaviors

WW simplifies the science by boiling complex nutritional information down to one number—a PersonalPoints value—so members can just eat and track. Each employee gets a customized path to weight loss and wellness with a plan based on their body, their goals, and their food preferences—no two plans are the same.

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 12,000 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.

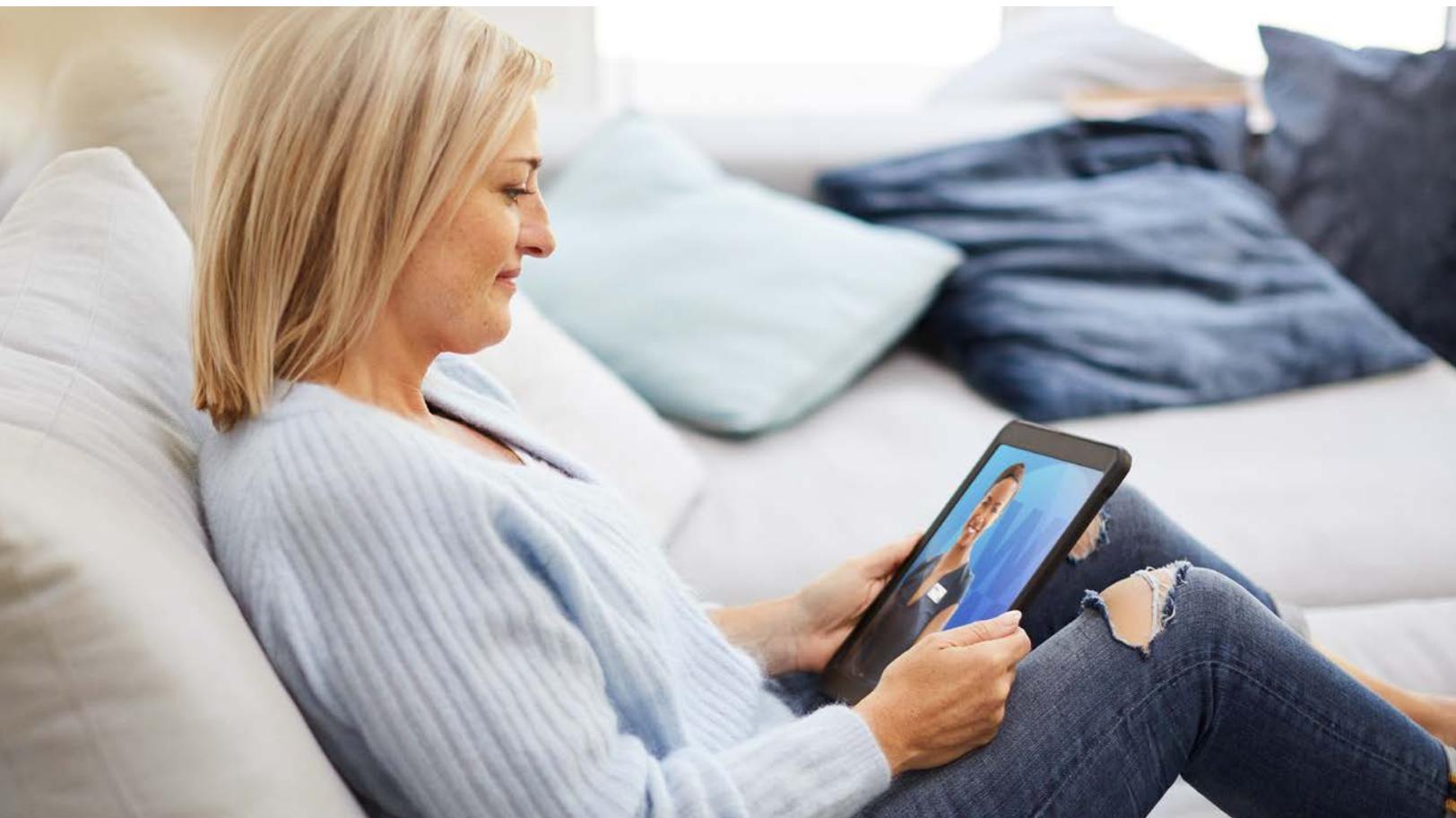
Build community

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

Access Workshops and Coaching

Members who have signed up for digital access and Workshops can join Virtual Workshops through the app, or in-person Workshops in WW studio locations led by trained Coaches. Members benefit from confidence-boosting support from their peers. Each week, Coaches lead members through discussions designed to assist them on their wellness journey while fostering relationships and community.

* Coaching and Workshops available with specific plans.



Support when, where and how your employees, and you, need it

Since wellness isn't a one-size-fits-all experience, we offer a range of membership options to help you meet the needs of your diverse workforce and achieve your organization's unique objectives.

Our most comprehensive package leverages our digital experience coupled with unlimited Workshops and Coaching. Membership includes full access to our app. Members can also access Virtual Workshops led by expert Coaches, either through the app or in-person Workshops in WW studio locations. Since WW is a tight-knit community, members will also benefit from confidence-boosting support from their peers.

WW delivers Wellness That Works

Ready to take the next step? Get in touch to learn how WeightWatchers can help your organization deliver on its wellness goals.

WW.com/hr

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