



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 month¹.**

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*[™], is customized to make losing weight easier for you².

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 Diabetes³

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

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 | \$11.87 |
| Digital + Workshops | \$26.75 |
| WW for Diabetes | \$26.75 |

Enroll in WW by emailing ww@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 www.com and pay the retail price per month. Excludes WW for Diabetes.

¹ "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.

² 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.

³ 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.

⁴ 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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Discover *your* recipe for wellness success today

Celebrate National Nutrition Month with the joy, ease, and flavors of the **NEW myWW+**



Get a **FREE** WW Healthy Kitchen Kit* (over **\$100** value)

with your purchase of a WW membership

Get more from our most holistic plan ever!

- ✓ **More simplicity** with easy meal prep tools
- ✓ **More flexibility** with on-demand workouts
- ✓ **More motivation** with a weekly progress report
- ✓ **More features** to help you move more and sleep better

WW Healthy Kitchen Kit includes:

myWW+ Starter Guide, \$50 coupon booklet, *Flavor Pop* cookbook, hand whisk, tea towels, silicone tongs, mini cutting boards, and more. While supplies last. Kit contents may vary.

Sign up today to get your **free kit!**

1 Sign up for WW between March 1 and March 31. All Medical Mutual members are eligible for an upfront discounted WW membership. Enroll in WW by emailing ww@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 and pay the retail price per month.

2 Redeem your WW Healthy Kitchen Kit by April 10 at WW.com/atworkstarterkit

*FREE WW HEALTHY KITCHEN KIT OFFER: To get a free kit, you must purchase a WW membership plan between March 1 and March 31. Available only where WW membership plans are offered through your employer or health plan, and in participating areas only. One kit per member. Kit must be redeemed by April 10. While supplies last. Over \$100 in value includes \$50 worth of coupons. U.S. addresses only. Please allow at least 3 to 4 weeks for delivery. Offer not available to current members. Offer may be revoked at any time and may not be redeemed for cash. Nontransferable. Void where prohibited.

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