



WeightWatchers

Behavior Change Program Available for *YOU!*

The Behavior Change Program is delivered through an app that integrates food, activity, sleep, and mindset with behavior change science. The WW Behavior Change Program is designed to help our members lose weight and maintain it, with the support of a community and a customized nutrition plan grounded in the recommendations of the World Health Organization and US Dietary Guidelines. At WW, our approach to weight management is based on livability and flexibility. Rooted in behavior change science, we help members develop a healthier pattern of eating. With WW, all foods are on the menu. We recognize that our members may have dietary restrictions and personal preferences and we are here to support them.

KEY FEATURES:

- Customized food, fitness, water, and sleep tracking, including a tailored food plan for members living with diabetes
- Robust library of recipes, meal plans, and tools for meal selection including gluten free, vegan and other filters!
- 24/7 expert chat with WW coaches
- Use of data and trends via connected devices to create a personalized experience and demonstrate progress
- Member-only social platform to join 170+ support groups
- On-demand meditation and mindfulness exercises
- Access from mobile and desktop
- Workshop accessibility