



A happier, healthier life starts here.

WW is **Weight Watchers** reimagined. OhioHealth partners with WW to help you reach your well-being goals—to lose weight, eat healthier, move more, develop a more positive mindset, and more—by offering discounted pricing on the WW offerings listed below. Join WW, and you'll get access to lots of exciting features, including exclusive mindset content through Headspace® and **WellnessWins™** that offers cool rewards for the small steps you'll take towards reaching your goals.

Choose the plan that's right for you	Digital	Digital + Workshops	WW for Diabetes
Monthly Retail Pricing:	\$19.95	\$44.95	\$56.06
You Pay:	\$3.39	\$7.64	\$7.64
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 4,000+ delicious recipes, you'll eat what you love and lose weight.	*	*	*
Encouragement from a vast online community Keep in touch with other members on their weight-loss journeys and share tips, tricks and ideas with each other.	*	*	*
Motivation from others with similar goals Share your journey with fellow members through weekly in-person workshops.		*	*
Insightful coaching from a WW expert Get strategies from someone who has been in your shoes and lost weight.		*	*
Food plan Tailored to individual needs.			*
Weekly emails information on diabetes and weight-loss management.			*
Confidential and unlimited access to a Certified Diabetes Educator (CDE).			*

To purchase any of these WW offerings, or for more information, visit:

<https://wellness.weightwatchers.com>, and enter **Employer ID: 9586825**

WW subsidized monthly pricing is available only to eligible associates and covered dependents that are enrolled in the OhioHealthy Medical Plan or Opt-In Wellness Benefit.

According to current IRS guidance, the value of this benefit (80% of the program fees) is considered taxable income to you, subject to applicable income taxes and withholdings, if you do not meet the US Preventive Services Task Force definition of obesity, which is a Body Mass Index (BMI) of 30 or more. If this is the case, taxes will be withheld monthly.

For questions or assistance registering please call the WW Wellness Hotline at **866-204-2885**.

Digital subscription: Pay \$3.39 today for your first month. Plan automatically renews monthly thereafter at \$3.39 until you cancel.

Digital + Workshops subscription: Pay \$7.64 today for your first month. Plan automatically renews monthly thereafter at \$7.64 until you cancel. Sold in participating areas only; may not be accepted for local workshops and/or Workshops in the workplace in all areas. Minimum enrollment and participation required to start and maintain Workshops in the workplace.

WW for Diabetes subscription: May be available to those who meet eligibility criteria, and participation requires a Digital + Workshops subscription, the availability of which will vary in accordance with company size and commitment. Further restrictions apply.

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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