



HEALTHY LIFESTYLE

DRINK
MORE WATER

EXERCISE
REGULARLY

START
MEDITATING

WW Digital
\$8.48/month
Entirely online

WW Unlimited Workshops + Digital
\$19.11/month
In-person options

Eat well, move more, and lose the weight you want with a personalized action plan, progress reports, easy-to-use tracking tools, and 24/7 Coach chat - all in their award-winning app.

Get in-person and virtual weight-loss support from your Coach and group - whenever you need it. WW is reopening with more locations and times, including unlimited virtual sessions. Plus digital.

The Weight Watchers reimagined (WW) program is a subscription-based wellness and weight management program recommended for adults 18 years of age and older who wish to follow the WW program.

Digital tools:

- Trackers for food, water, activity and sleep
- Barcode scanner for easy tracking and shopping
- Fitness tracker synching
- 9,000+ recipes filtered by dietary needs, prep time and more
- Chat with a live WW Coach 24/7
- In-app video content, including cooking demos
- Connect with other members through WW Connect
- Virtual workout classes and audio workouts
- Curated meditations from Headspace
- Earn exciting rewards with WellnessWins program
- Daily and weekly emails with tips, tricks and recipes

Digital tools + Unlimited Workshops:

- Access to 1,600 virtual Workshops 16 hours a day, 7 days a week and weekly Workshops at WW studio locations across the domestic U.S.
- Group, Coach-led goal setting and coaching throughout the week
- Connect with other WW members
- Private wellness check-ins consisting of self-reflection and recognition of healthy behaviors, in addition to monitoring weight loss through weekly

For registration information
visit: OakGov.com/Wellness

