



Healthier habits start here

The Ohio State University and WW (Weight Watchers® Reimagined) are working together to help you reach your wellness goals. Through this partnership, get an **exclusive discount of 50% off the retail price** and join the **WW Digital program for as low as \$8.48 per month¹** or the **WW Digital + Workshop program for as low as \$19.11 per month.**

Why WW?

WW's customized program is proven to make weight loss easier.²

Everyone's weight-loss needs are different. That's why WW's program, *myWW*[™], is customized to make losing weight **easier for you.**

When you join WW, you can **lose weight** and build healthy habits with a science-backed program that's tailored to your life.

For employees, spouses, and dependents (18+) enrolled in the OSU Health Plan

Easy-to-use app and website
Track your food, activity, and weight any time with our digital tools.

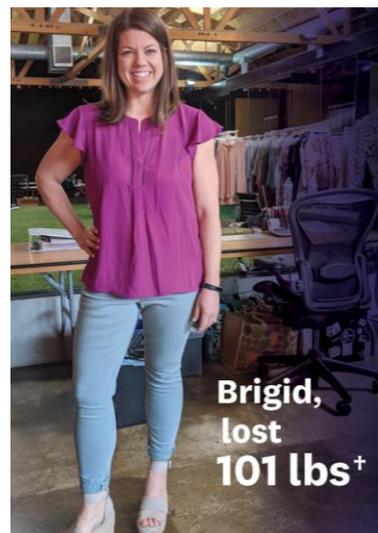
Endless food options
With our database of 8,500+ delicious recipes, you'll eat what you love and lose weight.

Total support in real time
Get help and answers from a WW Coach 24 hours a day, seven days a week in 24/7 Expert Chat.

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.



[†]People following the WW program can expect to lose 1-2lbs/wk. Brigid lost weight on a prior WW program and is continuing on *myWW*[™].

To sign up or learn more, visit: WW.com/us/OSU Enter Access ID: 10645268

For more information about how to earn YP4H points through the Healthy Lifestyle Program, visit go.osu.edu/yp4hhlp

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. For Workshops: In person Workshops are temporarily virtual. 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.

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