The Ohio State University
WW Wellness Champion Training

March 2019
Agenda Items

• Partnership Overview
• WW Program Overview
• What’s new with WW
• How to starting a WW Workshop in the workplace
Partnership Overview
Offer Summary

The Ohio State University is committed to helping you, and your spouses and dependents (18+) enrolled in the OSU Health Plan, reach your wellness goals—to lose weight, eat healthier, move more, develop a more positive mindset, or all of the above—by offering discounted WW pricing.

To enroll in WW, or for more information, visit wellness.weightwatchers.com, and enter OSU Employer ID: 10645268. Remember to have your Employee ID ready.

For questions or assistance registering, please call WW Customer Service at 866-204-2885.

<table>
<thead>
<tr>
<th>Choose the plan that's right for you</th>
<th>Digital*</th>
<th>Digital + Workshops**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monthly pricing</td>
<td>$16.96</td>
<td>$38.22</td>
</tr>
<tr>
<td>Ohio State University subsidy per month</td>
<td>$8.48</td>
<td>$19.11</td>
</tr>
<tr>
<td>Your price per month</td>
<td>$8.48</td>
<td>$19.11</td>
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<tr>
<td>Easy-to-use app and website</td>
<td>✔️</td>
<td>✔️</td>
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<td>Endless food options</td>
<td>✔️</td>
<td>✔️</td>
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<td>Encouragement from a vast online community</td>
<td>✔️</td>
<td>✔️</td>
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<td>Motivation from others with similar goals</td>
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<td>✔️</td>
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<td>Insightful coaching from a WW expert</td>
<td>✔️</td>
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*Digital pricing applies to the Digital plan only.
**Digital + Workshops pricing applies to the Digital + Workshops plan only.
## Workshops in the Workplace

<table>
<thead>
<tr>
<th>Location</th>
<th>Day &amp; Time</th>
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<tbody>
<tr>
<td>Biomedical Research Tower - Columbus, OH</td>
<td>Wednesdays at 11:00 am</td>
</tr>
<tr>
<td>Hospital Admin Office (Shared Services) - Columbus, OH</td>
<td>Thursdays at 12:45 pm</td>
</tr>
<tr>
<td>OARDC Wooster - Wooster, OH</td>
<td>Mondays at 11:45 am</td>
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<tr>
<td>Richard M Ross Heart Hospital - Columbus, OH</td>
<td>Fridays at 11:00 am</td>
</tr>
<tr>
<td>Scott Hall - Columbus, OH</td>
<td>Wednesdays at 8:15 am</td>
</tr>
<tr>
<td>Student Academic Services - Columbus, OH</td>
<td>Thursdays at 11:15 am</td>
</tr>
<tr>
<td>Wilce Student Center - Columbus, OH</td>
<td>Thursdays at 11:45 pm</td>
</tr>
<tr>
<td>Gateway Building - Columbus, OH</td>
<td>Wednesdays at 9:00 am</td>
</tr>
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For more information on WW Workshops at OSU, visit [go.osu.edu/weightwatchersinfo](go.osu.edu/weightwatchersinfo)

**Looking to start a WW Workshop in the Workplace?**
Contact Paul Kalis, Strategic Engagement Coordinator, [Paul.Kalis@weightwatchers.com](mailto:Paul.Kalis@weightwatchers.com)
WW Program Overview
OUR PURPOSE

We inspire healthy habits for real life.*

* For people, families, communities, the world—for everyone.
WW: Who we are
Success on the outside, starts on the inside

- Eat what you love
- Do what moves you
- Shift your mindset
TENET #1
We help members build powerful habits, rooted in science.

TENET #2
We know members and meet them where they are.

TENET #3
We enable them to find and form inspired communities.
Proven Program

• Our most flexible and livable program ever

• 10% more weight loss*

• Proven to help people lose weight, sleep better and feel happier**

• Over 200+ ZeroPoint™ foods make tracking easy

• Encourages members to make healthier choices

*Comparing digital members who tracked weight 6 months after starting WW Freestyle vs. the same time period on the prior program in the prior year

**Six-month pre-post study on 152 participants, conducted by the University of North Carolina at Chapel Hill, Weight Research Lab. Study funded by Weight Watchers. Sleep data and happiness data reported by trial participants after 6 months on WW Freestyle based on the Pittsburgh Sleep Quality Index and the Oxford Happiness Questionnaire.
WW Program Enhancements

We'll always help people lose weight, but now we're embracing a new mission to become the world's partner in wellness.

- **Headspace** – short mindfulness techniques to do any time, anywhere.
- **FitPoints 2.0** – personalized for age, sex, height and weight and designed to have the greatest impact on health and wellness.
- **Aaptiv** – on-demand audio workouts customized for WW members.
- **Anyone can join WW** – regardless of where they are on their wellness journey.
- **WellnessWins** – first-of-its kind program that rewards members for building healthy habits.

As a reflection of our new mission, we are moving from Weight Watchers to WW—and we are introducing a new tagline: **Wellness that Works.**
Members can follow WW however they choose

- Digital
- Digital + Workshops
Digital

Follow the program 100% online. Our app will keep your population motivated, and our digital community is unmatched.

**ACTIVITY**
See how active you are each day

**SEARCH**
Find food or activities by typing them here

**DISCOVER RECIPES AND BROWSE RESTAURANTS**
Scroll down to find meal ideas tailored to your tastes (not shown)

**WEIGHT**
Record your weight and follow your progress with the Weight Tracker

**HEADSPACE**
Our partnership with Headspace gives you mindfulness techniques anytime, anywhere

**BARCODE SCANNER**
See the SmartPoints® value of prepackaged foods before they go home with you

**TRACK**
Tap to track food and activity

**CONNECT**
Click to get and share triumphs, tips, and inspiration with other members

**24/7 EXPERT CHAT**
Connect with our WW Wellness Coaches anytime you need

**WELLNESS WINS**
Get rewarded for building healthy habits throughout your wellness journey
Digital + Workshops

Face-to-face support. Employees can lean on fellow members for tips and advice they need to stick with it. All WW Coaches have lost weight with WW and know the secrets to success.

**Program Features Include:**
- Unlimited access to attend weekly Workshops
- In-person guidance for the SmartPoints™ program with an experienced WW Coach
- Access to Digital to help members stay on track between Workshops and on the go
- Confidential wellness check-ins
- Weekly topics covered in the Workshop
- Group support with co-workers and peers

**There are two different ways to attend a weekly Workshop:**

1. Workshops in the workplace — WW will bring a weekly Workshop to your worksite (minimums apply). There are currently 8 Workshops in the workplace running at various OSU locations.

2. Community Workshops- Workshop locations and schedules can be found on our [website](#)
How to start a Workshop in the workplace

1. Contact Paul Kalis, Strategic Engagement Coordinator, paul.kalis@weightwatchers.com

2. Promote the idea of a WW Workshop In the workplace by utilizing provided marketing materials

3. Gather a list of 15+ employee names and email addresses of those who would like to attend the workshop, and identify 3 days and times of the week for that would be ideal for the workshop

A WW Workshop Coach will come onsite for an Information Session to provide an overview of the Workshop experience, the program and support employees with their registration In the Digital + Workshop offering. Once 15+ employees have enrolled, your workshops will launch!

• Ensure that a meeting room is available during that day and time each week

• 12 weeks of Workshops In the workplace are guaranteed, after 12 weeks, 8+ employees are required to attend on average for the meeting to remain
What’s in it for me?

We’re glad you asked! WW appreciates everything Site Champions do to support our program and our members, so we have a Site Champion Refund Policy as a way to say “Thank You!”

Here’s how it works:

• Site Champions who have 15 or more co-workers attending a new WW Workshop in the workplace will receive their Workshops membership FREE for 3 months.

• Once the 3-month period has ended, if the Site Champion has maintained the 15-person minimum attendance at the weekly WW Workshop in the workplace, they will be given another 3 months of their Workshop membership free of charge.

• This process will continue every 3 months if the Site Champion successfully maintains the 15-person minimum attending the weekly WW Workshop in the workplace.

• If the Site Champion cannot accept the Workshops discount, they may pass the discount along to a member who has proven helpful with both the recruiting of paid members and the marketing of WW Workshops in the workplace.