

# WeightWatchers® programs are designed to fit *your* life

Each program offers thousands of recipes, easy-to-use trackers, and 24/7 support. Which one fits you best?

- **Weight-loss goals?**

Lose weight and gain health—all while building healthy habits you can stick with.\*

- **Living with diabetes?**

Lose weight and lower your blood sugar† with a tailored nutrition plan. And you can sync the WW app with select CGMs.

- **Taking a weight-management medication?**

Feel your best with a nutrition and activity program designed for your unique needs.

Get  
special  
pricing  
through  
Medical Mutual



Join today  
through Medical Mutual  
to get special pricing.

All Medical Mutual members get an exclusive discount of 50% off the retail price of WeightWatchers membership.

For program eligibility and enrollment instructions, go to [WW.com/mmomembers](https://www.weightwatchers.com/mmomembers)

**Already a WeightWatchers member?**

Call customer service at 866-204-2885 to sync your account.

\*Based on a 6-month clinical study. Pagoto et al. An Evaluation of a Personalized Multicomponent Commercial Digital Weight Management Program: Single-Arm Behavioral Trial. J Med Internet Res. 2023. Funded by WW International, Inc.

†Based on a 6-month multicenter trial. Apolzan JW et al. A Scalable, Virtual Weight Management Program Tailored for Adults with Type 2 Diabetes: Effects on Glycemic Control. Nutrition & Diabetes. 2023. Funded by WW International, Inc.

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