



Not just food for thought,
fuel
for change

Change doesn't start by chance. It starts with the brand new **Beyond the Scale** program from **Weight Watchers®**. No matter how you choose to follow the program, completely **online or in-person**, you'll learn how to get healthier, live happier, and lose weight.

Beyond
the Scale

Meetings*

Want more personal encouragement to get started and stay on track? With Meetings, you'll get guidance from a trained Leader, the in-person motivation from members who are on the same path as you, and access to our full suite of digital tools**.

OnlinePlus†

Perfect if you're on the go and want a lot of flexibility. Healthy choices become simple with our easy-to-use digital tools** combined with motivation from our online community and 24/7 Expert Chat.

Change is in your hands... and NOW is the perfect time to join!

Learn simple ways to make the holiday season delicious AND healthy.
NYC Employees can join Weight Watchers at a discount§!

WW Offerings	NYC Employee Special Pricing
Meetings (Includes OnlinePlus)	\$15.00 per month
OnlinePlus	\$7.00 per month

Visit nyc.join.weightwatchers.com for partnership details

§ The dollar value of the NYC contribution/benefit will be included as taxable income to the employee.



weightwatchers

* Monthly payment is required in advance. Subscribers will automatically be charged each month in accordance with special City of New York pricing until they cancel. Sold in participating areas only; may not be accepted for local and/or At Work meetings in all areas. Minimum enrollment and participation required to start and maintain an At Work meeting.

**Digital tools and apps available only with Meetings or OnlinePlus subscription. Apps available for iOS and Android devices.

†OnlinePlus subscription will be automatically renewed each month and you will be charged in accordance with special City of New York pricing until you cancel.

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