

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
ChristianaCare



Join today through
ChristianaCare
to get special pricing.

Learn more and sign up at
[WW.com/ChristianaCare](https://www.weightwatchers.com/ChristianaCare)

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.

Weight Watchers is the trademark of WW International, Inc. ©2024 WW International, Inc. All rights reserved.