

healthy habits, simplified

WW MEMBER
ADAM Y.
-70 LB[^]

WW MEMBER
NIKKI M.
-72 LB[^]

We've partnered with WeightWatchers[®] to bring you its program at a special discount.

no quick fixes

Meet the program built on nearly 60 years of experience and ground-breaking nutritional and behavior change research.

nutrition made simple

Get an eating plan for *your* body, over 200 foods you don't need to track, meal-planning tools, and 12,000-plus recipes.

an award-winning app

Tap into innovative trackers, on-demand workouts, meditations, 5-Minute Coaching audio sessions, and more.

24/7 support

Find a sense of belonging and always-on support with expert coaches and fellow members at in-person or virtual Workshops.

[^]People following the WW program can expect to lose 1-2 lb./wk.

All benefit-eligible employees and their spouse/domestic partner can join today for as low as **\$9.75 per month** on select plans—**50% off the retail price!***

Learn more at [WW.com/YaleUniversity](https://www.weightwatchers.com/YaleUniversity)

Already a WeightWatchers member?

Sync your current account, or call WeightWatchers customer service at 866-204-2885.

*Savings reflect WW's Core membership for your organization's employees. Monthly payment required in advance. You'll be automatically charged each month in accordance with company pricing until you cancel. Pricing will adjust to the standard monthly rate when your employment with your organization terminates or the agreement between your employer and WW terminates.

WeightWatchers logo and WeightWatchers are the trademarks of WW International, Inc. ©2023 WW International, Inc. All rights reserved.