



Weight Loss that Works.
Wellness that Works.



PennState Health



From left:
WW members
Joe K., Shannon M.,
and Ericka R.

GET MORE WELLNESS BENEFITS FOR LESS

Penn State Health is committed to your wellness. That's why we partnered with WW to give you 50% off the membership retail price (up to 6 months per year). Join now for as low as \$8.48 a month!* You'll unlock all of this, plus so much more...

Customized game plan

WW's new PersonalPoints™ Program was created with nutrition and behavior change experts to be your most individualized path to weight loss. It's built to fit your body, your goals, and the foods you love.

Award-winning app

All the tools you need to succeed—right at your fingertips. The WW app has everything from food and sleep trackers to meditations.

On-demand workouts

Tap into expert-led video workouts for every fitness level—no gym membership required!

10,500+ delicious recipes

Your tastebuds will never get bored with WW's family-friendly recipes. Use the What's in Your Fridge? tool in the app to find meals that call for the ingredients you already have on hand.

Face-to-face accountability

Get stay-on-track guidance from WW Coaches and support from fellow members through in-person and Virtual Workshops.†

Start saving
on your
health today!

Sign up or learn more at [WW.com/PennStateHealth](https://www.com/PennStateHealth)

Already a WW member?

Sync your current account to get Penn State Health pricing or call WW Customer Service at 866-204-2885.

*"As low as" price reflects WW Digital plan 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, your employment with your organization terminates, or the agreement between your employer and WW terminates.

†Unlimited Workshops + Digital membership only