



# 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  
Penn State  
Health!



Join today through Penn State Health to get special pricing. Plus, get \$10\*\* off your membership with code PENNSTATEHEALTH10 when you join between 5/6/24 and 5/24/24.

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

**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.

\*\*Get an extra \$10 off your membership with promo code PENNSTATEHEALTH when you purchase an eligible WW plan 5/6/24-5/24/24 through your organization. Must enter promo code at prompt to receive \$10 discount. If the full discount or part of the discount cannot be applied to the initial period, the discount will be applied to the next eligible billable month. Canceling your subscription within the initial period will forfeit any discount applicable to the next billable month. Offer available to new and rejoining members only. For Premium: Promo code offer available in participating areas only.

†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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