

WeightWatchers.

# Weight-loss programmes designed for your unique needs



There's a reason WeightWatchers is a trusted NHS partner. Our personalised offerings are all rooted in science, helping you change behaviours, lose weight and unlock weight health without feeling deprived of your favourite foods. And we now offer more programme options than ever before.

**New!**

## GLP-1 Programme

A programme to help you feel your best while losing weight and taking GLP-1 medications. You'll focus on hitting the nutritional targets that people taking GLP-1s need most: hydration, protein, and fruits and vegetables.

## Diabetes Programme

Learn the lifestyle behaviours that will help you live better with diabetes. This programme is backed by trusted expert guidelines and helps you lose weight, which may reduce your blood sugar.<sup>1</sup>

## Points<sup>®</sup> Programme

Our tried-and-tested system takes the guesswork out of knowing what to eat. You'll work on staying within a Points<sup>®</sup> Budget, which teaches you how to build weight loss into your everyday life.

<sup>\*</sup>Based on a 2020 IQVIA survey of 14,000 doctors who recommend weight loss programmes to patients.

<sup>1</sup>Based on a 6-month multicenter trial. Apolzan JW et al. A Scalable, Virtual Weight Management Programmes Tailored for Adults with Type 2 Diabetes: Effects on Glycemic Control. Nutrition & Diabetes. 2023. Funded by WW International, Inc.

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