

WeightWatchers.

# Weight-loss programs designed for *your unique needs*



There's a reason WeightWatchers is the #1 doctor-recommended weight-loss program.\* Our personalized offerings—including our **NEW GLP-1 Program**—are all rooted in science, helping you change behaviors, lose weight, and unlock weight health without feeling deprived of your favorite foods. And we now offer more program options than ever before.

**New!**

## GLP-1 Program

A program to help you feel your best while losing weight and taking GLP-1 medications –no matter who prescribes them to you. You'll focus on hitting the nutritional targets that people taking GLP-1s need most: hydration, protein, and fruits and vegetables.

**New!**

## WeightWatchers Clinic

This add-on gives you access to certified clinicians trained in obesity management and stigma-free care—providers who can meet with you virtually, and, if appropriate, prescribe medications like GLP-1s. Bonus: Your care team also includes nutrition and exercise experts.

## Diabetes Program

Learn the lifestyle behaviors that will help you live better with diabetes. This program is backed by trusted expert guidelines and is proven to help you lose weight and lower blood sugar.<sup>1</sup>

## Points® Program

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

\*Based on a 2020 IQVIA survey of 14,000 doctors who recommend weight loss programs to patients.

<sup>1</sup>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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