

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 the city of
Memphis



Go to [WW.com/CityofMemphis](https://www.weightwatchers.com/CityofMemphis)
to learn more or sign up

If you are living with type 1 or type 2 diabetes, please sign up at
[WW.com/CityofMemphisDiabetes](https://www.weightwatchers.com/CityofMemphisDiabetes)

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.

†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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