



Meet the new Weight Watchers

We're brighter, bolder and all about *you*.



New tools. More insights. Maximum support to reach your goals.

- **Tailored Paths:** Custom plans for GLP-1 support, diabetes nutrition, or menopause. Real results, your way.
- **Flexible Modes:** Science-backed settings to go all-in, lose mode, or maintain. Your pace, your rules.
- **3D Body Scanner:** See the progress the scale misses. Track fat loss and muscle gain in 3D.
- **Weight Health Score:** One simple number tracking your nutrition, activity, and sleep.

Enroll today at [ww.com/cityofmemphis](https://www.weightwatchers.com/cityofmemphis)

Living with diabetes?

Enroll today at [ww.com/cityofmemphisdiabetes](https://www.weightwatchers.com/cityofmemphisdiabetes)

Already a Weight Watchers member?
Call customer service at 888-204-2885 to sync your account.

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