

# HEALTHY LIFESTYLE

EXERCISE  
REGULARLY

**WW Digital**  
**\$8.48/month**  
Entirely online

**WW Digital 360**  
**\$12.75/month**  
On-demand content

**WW Unlimited Workshops + Digital**  
**\$19.11/month**  
In-person options

Eat well, move more, and lose the weight you want with a personalized action plan, progress reports, easy-to-use tracking tools, and 24/7 Coach chat - all in their award-winning app.

Everything you'd get with Digital, plus extra support from expert Coaches and exclusive access to live and on-demand wellness experiences, such as cooking demos, nutrition classes, fun workouts, and inspirational podcasts featuring celebrity guests.

Get in-person and virtual weight-loss support from your Coach and group - whenever you need it. WW is reopening with more locations and times, including unlimited virtual sessions. Plus digital.

The Weight Watchers reimagined (WW) program is a subscription-based wellness and weight management program recommended for adults 18 years of age and older who wish to follow the WW program.

## Digital tools:

- Trackers for food, water, activity and sleep
- Barcode scanner for easy tracking and shopping
- Fitness tracker syncing
- 9,000+ recipes filtered by dietary needs, prep time and more
- Chat with a live WW Coach 24/7
- In-app video content, including cooking demos
- Connect with other members through WW Connect
- Virtual workout classes and audio workouts
- Curated meditations from Headspace
- Earn exciting rewards with WellnessWins program
- Daily and weekly emails with tips, tricks and recipes

## Digital tools + Digital 360:

- Surround-sound support with videos, virtual events and podcasts featuring weight-loss and wellness professionals
- Premier in-app coaching content with a robust schedule of CoachLIVE and on-demand sessions
- Exclusive Digital 360 community to help with motivation and tracking towards wellness goals



## Digital tools + Unlimited Workshops:

- Access to 1,600 virtual Workshops 16 hours a day, 7 days a week and weekly Workshops at WW studio locations across the domestic U.S.
- Group, Coach-led goal setting and coaching throughout the week
- Connect with other WW members
- Private wellness check-ins consisting of self-reflection and recognition of healthy behaviors, in addition to monitoring weight loss through weekly weigh-ins (virtual and in-person)

For registration information  
visit: [OakGov.com/Wellness](http://OakGov.com/Wellness)

