Highlight of the month

Men’s Health Month

June is Men’s Health Month, which is all about encouraging men to build and maintain healthy habits including moving more, eating better and shifting their mindset. Join us to raise awareness and invite the men in our lives - colleagues, husbands, sons, friends, everyone - to focus on their wellness journey.

“I feel that I have gained greater control over my food choices and the effects those choices have on my overall health.”
–Craig F., Compensation Analyst & WW member who joined through WW’s partnership with his employer.

Meet some of our male WW success stories: James Corden, Josh, Tony (WW Coach!), and Donald.

Get started on your wellness journey

Put your wellness first this Summer

Join WW today and get a Insider’s Box! Once you’ve signed up, redeem for your kit at www.com/insidersbox

Gadgets for healthy cooking

Whether you’re firing up the grill for Father’s Day or going out for a picnic with the whole family, the WW Shop has the tools for you - and makes for a great gift. See them all at the WW Shop!

Recipe of the month

BBQ pork sandwiches with homemade slaw

8 8 8 SmartPoints® value per serving

We’re breaking out the Summer receipes, starting with this delicious slaw sandwich.

Plus, here are 35 of our favorite BBQ receipes for everyone to enjoy. Happy grilling!

Feeling your best starts now!

Employees, spouses, and dependents age 18 and older enrolled in a PEBB medical plan can sign up at NO COST to you. Visit PEBB.WW.com to learn more.