

# Lose weight—without losing what you love



Sign up  
by 4/30 and  
get a  
WW Mystery  
Box! \*\*

WW MEMBER  
AMBER T.  
-80 LB<sup>^</sup>

<sup>^</sup>People following the WW program can expect to lose 1–2 lb./wk.

## Wondering what's in the box?

Here's a hint: The program is designed to help you lose weight without physical activity, but regularly moving your body can lead to more success.<sup>†</sup>

### 3 WAYS TO MAKE MOVEMENT WORK FOR YOU

#### Expand your definition.

Gardening, dancing, strolling around a store—it all counts.

#### Pair it with what you love.

Podcast fan? Save new episodes for when you can fit in a walk.

#### Turn it into a social event.

Catch up with your BFF on a bike ride or after yoga class.

Anyone age 18 and older enrolled in a PEBB medical plan can join WeightWatchers today at NO COST to you.

Visit [PEBB.WW.com](https://PEBB.WW.com) to learn more.

#### Already a WeightWatchers member?

Sync your current account, or call WeightWatchers customer service at 866-204-2885.

\*Your PEBB medical plan pays for your WW program monthly until you cancel or until your eligibility for PEBB benefits terminates. Available in participating areas only.

\*\*WW Mystery Box offer: Get a WW Mystery Box when you buy an eligible WW plan between 3/1/23 and 4/30/23. Available only where WW plans are offered through your employer/health plan and in participating areas only. One box per member. Redeem by 5/15/23. While supplies last. U.S. addresses only. Allow approximately 4 to 6 weeks for delivery. Offer not available to current members. Cannot be redeemed for cash. Nontransferable. Offer subject to change without notice. The Mystery Box may be considered taxable income under federal and state law. Please consult a tax expert with any questions regarding your tax obligations.

<sup>†</sup>Johns DJ, Hartmann-Boyce J, Jebb SA, Aveyard P; Behavioural Weight Management Review Group. Diet or exercise interventions vs. combined behavioral weight management programs: a systematic review and meta-analysis of direct comparisons. J Acad Nutr Diet. 2014;114(10):1557–1568. DOI:10.1016/j.jand.2014.07.005

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