WeightWatchers

Partner for Success:

Our Program

WeightWatchers is committed to providing the most effective, livable, and flexible weight-loss program possible for your entire population.

Make it easy for your population to build healthy habits with user-friendly, science-backed tools

Provide immediate scalability across your populations

Deliver real, measurable results tied to your population health objectives

As little as 5% weight loss makes a big difference.
Weight loss can reduce the risk for chronic conditions — including type 2 diabetes, heart disease, osteoarthritis, and obesity-related cancers — and ultimately lower your healthcare costs.[1]

here's how we help

Proven science for healthy, lasting change. A powerful combination of nutritional and behavioral change optimizes sustainable weight loss and health outcomes for lifestyle-related conditions.

Accountability that helps your program succeed with compassionate coaching and 24/7 connected experiences for your people and an exceptional customer experience for you.

Easy and intuitive approach. A personalized nutrition plan for individuals provided through flexible, easy-to-use, and scalable program options.

More than just weight loss. Program delivers results beyond weight loss, including improved total health, quality of life, and ongoing value on investment.

a powerful tool for weight-loss success

Premium membership combines the anytime convenience of our award-winning app with our most supportive community and customized nutrition plans to help members lose weight and keep it off.

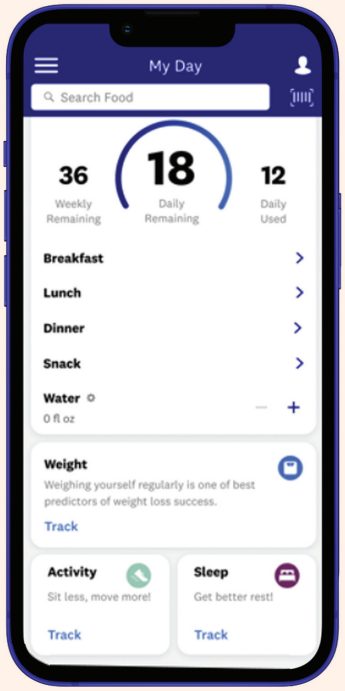
Premium meets members where they are with:

- Live coach-led workshops in person or virtually
- New behavior change techniques every week
- Endless inspiration from other members

anywhere, anytime

Our award-winning app is at the heart of the member's experience, putting anywhere, anytime access at their fingertips.

- Science-backed nutrition plans
- Meal planning tool & recipes
- Tracking features
- On-demand workouts



- 24/7 live coaching
- Members-only digital community
- Audio lessons promoting behavior change
- Mindfulness & meditation resources

References:
1 Even a modest weight loss of 5% to 10% of your total body weight is likely to produce health benefits, such as improvements in blood pressure, blood cholesterol, and blood sugars. Division of Nutrition, Physical Activity, and Obesity, National Center for Chronic Disease Prevention and Health Promotion
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