Weighing Your Options: How WW Stacks Up Against The Competition

If you’re searching for a weight-loss solution—or you’ve tried other programs that haven’t worked—you’re in the right place.

Study after study shows the power of the WeightWatchers program to help you lose weight and stay on track. In fact, there are 125 studies and 35 independent clinical trials that show the efficacy of WW—more than any other weight-loss program.

Here are some examples of how WW stacks up:
- A flexible, 100% customizable program
- Uses advanced nutrition & behavior-change science
- No calorie counting or food restrictions
- Focus on nutrition, activity, sleep & mindset

How else does WW compare to Noom, Jenny Craig and/or Calibrate? Click here for more information!

Gift for New WW Members

Get a FREE Mystery Box
Sign-up by October 31st and then redeem for your Box at [www.com/mysterybox](http://www.com/mysterybox). Psst, here’s a peak at what’s inside!

Recipe of the Month

Monster Mash Avocado Snack
We’re elevating this avocado toast with a Halloween twist that’s perfect for spooky season!

Ready to start feeling your best?

All benefits eligible employees, spouses, and adult dependents get an exclusive discount of 50% off the retail price and can join now for as low as $8.48 per month.

Sign up at [WW.com/us/CommonHealth](http://WW.com/us/CommonHealth)

The Special Monthly Pricing and The Commonwealth of Virginia discount per month is not open to retirees, their spouses and dependents, wage employees or The Local Choice members.