

## What's Happening Now

### Attend a Private Virtual Workshop exclusively for you and your colleagues!

You now have the option to attend a weekly Virtual Workshop with familiar faces. Gather your fellow WW members and join a Coach for your healthy dose of guidance, inspiration and support.

To view the schedule and details, simply join your OSU's Connect group by [clicking here](#).

*Important: You must click the link from a mobile device to be directed to the Connect group.*

**P.S.** WW is keeping members up to date via email on Studio re-opening plans and safety precautions. You can also visit the [Studio Finder](#) for updates.



## NEW: Lose 10 lbs. on us!

Purchase a WW membership plan by July 31 and if you lose 10 lbs. in the first 2 months, WW will refund you your 2 months' fees!

To refund your 2 months' fees, visit [ww.com/lose10](http://ww.com/lose10) and fill out the form.

## Support on your wellness journey



### Invite a Friend!

When you invite any eligible co-worker or spouse to join WW, you both can get a free gift. The more you invite, the more gifts you can receive.

Visit [ww.com/invite](http://ww.com/invite) today!



### Supporting a healthy immune system

Guess what?! Science says Grandma was right about the benefits of chicken soup when you're feeling ill. While it's not a cure-all, there are foods that can play a certain role in a healthy immune system. Bonus: they taste good too!

[Click here](#) to learn more about foods that support a healthy immune system and ways to enjoy them.

## WW Recipe of the Month

### Tropical Mango Overnight Oats

**7 7 4** SmartPoints® value per serving



#### Ingredients

- 1/3 cup uncooked old fashion oats
- 1/3 cup unsweetened coconut milk beverage
- ½ tsp minced ginger root
- 1 cup unsweetened frozen mango chunks
- 1 tsp agave nectar
- 1 pinch pumpkin pie spice
- 1 pinch table salt
- 1 Tbsp toasted unsweetened coconut flakes

#### Instructions

Combine all ingredients, except coconut flakes, in a medium jar or large glass. Stir, cover and refrigerate overnight. Garnish with coconut.

**Serving size:** 1 serving.

## Get started today!

Sign up at [WW.com/us/OSU](http://WW.com/us/OSU) and enter your **OSU Insurance ID**. Employees, Spouses, and Dependents (18+) enrolled in the OSU Health Plan are eligible for the WW discounted rates and 50% subsidy.



weightwatchers  
reimagined

# Lose 10 lbs on us\*

You've got nothing to lose...except 10 lbs, on us.\*

It's simple. Purchase a WW (Weight Watchers® Reimagined) membership plan between **July 1 and July 31**. When you lose at least 10 lbs within your first 2 months, and we'll refund your first 2 months' fees. There's no better time to join!

Let WW be your guide when you need motivation to eat well, move more, and stay connected.



## Join today and start losing weight!

Need help signing up or claiming your refund? Call WW Customer Service at **866-204-2885**.

Offer available to new and rejoining WW members only. Automatically renews.

### Step 1

Sign up at [wellness.weightwatchers.com](https://wellness.weightwatchers.com), enter **OSU Access ID: 10645268**, and your **OSU Insurance ID**.

Employees, Spouses, and Dependents (18+) enrolled in the OSU Health Plan are eligible for the WW discounted rates and 50% subsidy.

### Step 2

Lose at least 10 lbs in your first 2 months.

### Step 3

To get your refund of 2 months' fees, complete the online form at [WW.com/lose10](https://WW.com/lose10) with proof of weight loss between September 1 and October 17.

\* Purchase a Digital, Workshop + Digital, or WW for Diabetes membership plan through your employer or health plan only between 7/1/20 and 7/31/20, and lose at least 10 pounds within your first two months for a refund of your first two months. Eligible members will get a refund of the applicable monthly fee, times two. Your subscription must be current to be eligible for refund. Plans automatically renew until you cancel. Available in participating areas only. Offer available to new and rejoining members only. This offer is for your personal non-commercial use only and is not transferable. Offer is subject to change and may not be redeemed for time credit or combined with other offers. Void where prohibited. People on the WW plan can expect to lose 1-2 lbs per week.

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