Weight loss that works for you



This holiday season, give yourself the gift of health with the new *myWWTM*, a weight-loss program customized to your lifestyle and the foods you love to eat. Purchase a WW membership plan between **November 11 and November 29** and get a **FREE WW Starter Kit** (over \$50 value)!*

Starter Kit includes:

- · Simply 5 cookbook
- · Cutting board
- · Stainless steel water bottle
- Grocery tote
- Resistance band
- · Inspirational mantra flip board



Start losing weight and building healthy habits. Join WW today!

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

To enroll in WW, or for more information, visit <u>wellness.weightwatchers.com</u>, and enter **Employer ID: 10645268**. Remember to have your **Employee ID** ready.

After signing up, you must redeem your **WW Starter Kit** by going to <u>ww.com/atworkgift</u>. Complete this step by 12/13/19.

Need help signing up or redeeming your kit? Call WW Customer Service at 866-204-2885.

