



A happier, healthier life starts here.

Indiana University is committed to helping you, and your eligible spouse reach your wellness goals—to lose weight, eat healthier, move more, develop a more positive mindset, or all the above—by **covering the full cost** on the WW offerings listed below.

Join **WW WeightWatchers**, and you'll get access to lots of exciting features, including exclusive mindset content through Headspace®, and incredible products and experiences through our rewards program, WellnessWins™.

There has never been a better time to join WW!

Choose the plan that's right for you. Plans include the following features:	Core	Premium
Easy-to-use app and website Track your food, activity, and weight any time with our digital tools.	✓	✓
Endless food options With our database of 4,000+ delicious recipes, you'll eat what you love and lose weight.	✓	✓
Total support in real time Get help and answers from a WW Coach 24 hours a day, seven days a week in 24/7 Expert Chat.	✓	✓
Connect with our online community , day or night, for inspiration and motivation.	✓	✓
Inspiration and connection Share your journey with a group of fellow members through weekly in-person Wellness Workshops (where available).		✓
Monthly value	\$19.95	\$44.95
Indiana University contribution per month	100% of the cost	
Your price per month	\$0	\$0

Plans automatically renew monthly. See below for details.

Who is eligible? WW is available to all Indiana University benefit-eligible employees and spouses enrolled in an IU-sponsored medical plan.

Join WW today! Visit IU.WW.COM

You'll be asked to provide your "population type" and corresponding ID number indicated below:

Employee: 10-digit University ID

Spouse: University ID + S (Ex: 1234567890S)

Questions? Call 866-204-2885 or email wellnesshelp@weightwatchers.com
(Monday-Friday 8:00 a.m.-10:00 p.m. ET; Saturday 11:00 a.m.-5:00 p.m. ET.)

***Digital membership plan:** Indiana University pays for your membership plan monthly until you cancel or until your employment with Indiana University terminates.

****Digital + Workshops membership plan:** Indiana University pays for your membership plan monthly until you cancel or until your employment with Indiana University terminates. Available in participating areas only; may not be accepted for local workshops and/or Workshops in the workplace in all areas. Minimum enrollment and participation required to start and maintain Workshops in the workplace.

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