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What is Weight Watchers®/WW?

WW is Weight Watchers reimagined.

Our purpose is to inspire healthy habits for real life. For people, families, communities, the world, for everyone. We will always have the best weight-loss program on the planet, and now we're putting our decades of experience in behavior change to work for an even greater mission. We are becoming the world's partner in wellness. No matter what your goal is—to lose weight, eat healthier, move more, develop a more positive mindset, or all of the above—we will bring you science-based solutions that fit into your life.

As a reflection of our new mission, we are moving from Weight Watchers to WW—a mark that's rooted in the familiar but reimagined to welcome everyone who seeks to be healthier, not just manage their weight.

Why is MTA New York City Transit partnering with WW?

MTA New York City Transit has teamed up with WW to bring you a program that gives you real-life solutions to get healthier, all at a special price.

If I register for WW, will my membership and weight information be kept confidential?

Yes, it will. Although MTA New York City Transit will receive information about the total membership's weight loss, it will not receive any individual or personally identifiable information.

What are the WW offerings through MTA New York City Transit?

Two WW offerings are available to you. You can choose the plan that fits your lifestyle.

- **Offering 1: Digital**
- **Offering 2: Digital + Workshops**

Who can take advantage of the WW offerings through MTA New York City Transit?

All active represented employees enrolled in the Aetna medical plan, their spouse/domestic partner, and dependents 18-26 are eligible to participate. Workshops (which used to be called meetings) are not available in some areas in the U.S. To find out if the county you reside in is a non-participating area, please visit: <http://wwfranchisecountylist.com>.

To become a WW member, you must:

- Be at least 18 years old.
- Not be pregnant.
- Not have an active medical diagnosis of bulimia nervosa or anorexia nervosa.

What is the cost of the WW offerings through MTA New York City Transit?

- **Offering 1: Digital: \$7.48** per month
- **Offering 2: Digital + Workshops: \$16.85** per month

State taxes will be added where applicable.

You will be charged the listed prices each month until you cancel your membership or if you are no longer eligible for the company subsidy.

How do I register for the WW offerings through MTA New York City Transit?

You can purchase either of these offerings at <https://wellness.weightwatchers.com> with **Employer ID: 14613037** to receive a special price and subsidy. Please have your Employee ID/Team Member ID ready when enrolling. For assistance, call 866-204-2885 (Monday-Friday 8:00 a.m.-10:00 p.m. ET; Saturday 11:00 a.m.-5:00 p.m. ET). If you have any questions you may also email wellnesshelp@weightwatchers.com.

If you are a current WW member, you can still take advantage of the discounted pricing and subsidy. Please call WW at 1-866-237-6032 (Monday-Friday 8:00 a.m.-10:00 p.m. ET; Saturday 11:00 a.m.-5:00 p.m. ET) for assistance with getting your membership switched to the MTA New York City Transit special pricing.

How do I cancel my WW membership?

Our cancellation process is hassle-free. You can easily cancel your Digital or Digital + Workshops membership on our website. Simply log in to your account, go to “Settings,” and then go to “Account” to view your cancellation options. If you would like assistance with cancelling your account, you can call 866-204-2885.

If you have already been billed for your next month, call 866-204-2885 to receive a full refund for the upcoming month. Please note that you will not receive a refund for the month in which you cancel, except as provided in the Cancellation Policy.

What happens to my WW subscription if I am no longer eligible?

If your employment with the MTA ends or the WW and MTA partnership concludes, your WW discounted price shall continue until the end of your monthly billing period after which time your WW program subscription will end. If you wish to continue with the WW program at that time, you will need to sign up with WW directly for a new subscription at the WW current price.



**weightwatchers
reimagined**



MTA New York City Transit is proud to announce a partnership with WW.

All active represented employees enrolled in any Aetna medical plan (example: Aetna High Option, Basic or Select Option) can now take advantage of the **WW Freestyle™** program at reduced pricing.

No matter what your goal is—to lose weight, move more, develop a more positive mindset, or all of the above—WW will bring you the science-based programs and tools that work.

By enrolling through **MTA New York City Transit’s** program, employees can take advantage of a subsidy reducing the cost of the WW membership by **more than 60%** of the regular membership price†. Additionally, their spouse/domestic partner, and dependents 18-26 can take advantage of this discounted pricing —making health and wellness a family affair!

Visit ww.com/us/NYCT to learn more and join today!

WW offering	MTA New York City Transit’s Price
Digital	\$7.48 per month
Digital + Workshops	\$16.85 per month

For questions or assistance enrolling please call the WW Wellness Hotline at **866-204-2885**.

† Monthly payment is required in advance. The subscriber will automatically be charged each month in accordance with company pricing until they cancel. Sold in participating areas only; may not be accepted for local and/or Workshop series in all areas. Minimum enrollment and participation required to start and maintain a Workshop in the workplace.

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Following our program

You’ll eat what you love.

Based on our science-backed SmartPoints® system, WW Freestyle™ nudges you toward a healthier pattern of eating. And everything is on the menu! Plus, there are 200+ ZeroPoint™ foods that you don’t have to measure or track, giving you extra freedom and flexibility.

You’ll shift your mindset.

You’ll learn how to think in new ways and handle tough moments with self-compassion. Plus, a new partnership with Headspace®, a leader in meditation and mindfulness, will provide you with techniques to help you be more mindful throughout the journey.

You’ll do what moves you.

Our approach to activity is simple: if you enjoy it, you’ll be more likely to keep at it. Anything that gets you moving more will do great things for your health and help you reach your goals.

Wellness that Works.™



A happier, healthier life starts here.

MTA New York City Transit is committed to helping you, your eligible spouse/domestic partner, and eligible dependents, reach your wellness goals—to lose weight, eat healthier, move more, develop a more positive mindset, or all of the above—by offering discounted pricing on the WW offerings listed below. Join **WW, Weight Watchers reimagined**, and you'll get access to lots of exciting features, including exclusive mindset and meditation content through our meditation partner Headspace®, and incredible products and experiences through our rewards program, WellnessWins™ on the **WW Freestyle™** program.

There has never been a better time to join WW!

Choose the plan that's right for you	Digital	Digital + Workshops
Retail price per month	\$19.95	\$44.95
MTA New York City Transit contribution	Over 60%	Over 60%
Your price per month	\$7.48	\$16.85
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.	*	*
Encouragement from a vast online community Keep in touch with other members on their weight-loss journeys and share tips, tricks, and ideas with each other.	*	*
Motivation from others with similar goals Share your journey with fellow members through weekly in-person workshops.		*
Insightful coaching from a WW expert Get strategies from someone who's been in your shoes and lost weight.		*

Plans automatically renew monthly. See below for details.

Who is eligible? All active represented employees enrolled in any Aetna medical plan (example: Aetna High Option, Basic or Select Option), their spouse/domestic partner, and dependents 18-26 are eligible for the WW discounted rates and subsidy.

To purchase either of these WW offerings, or for more information, visit ww.com/us/NYCT.

You will need to enter the **MTA New York City Transit Employer ID: 14613037**.

You will need to enter your BSC ID + Date of Birth (mmddyyyy) to enroll.

For questions or assistance enrolling please call the WW Wellness Hotline at **866-204-2885**.

Digital subscription: Pay \$7.48 today for your first month. Plan automatically renews monthly thereafter at \$7.48 until you cancel.
Digital + Workshops subscription: Pay \$16.85 today for your first month. Plan automatically renews monthly thereafter at \$16.85 until you cancel. Sold 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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