

Healthier habits—and a community of support

WW MEMBER
GABI B.
-43 LB[^]

WW MEMBER
KEENAN S.
-127 LB[^]

We've partnered with WeightWatchers® to offer you a special **membership discount.**

/ Nutrition made simple

Get an eating plan tailored to *your* body, meal-planning tools, and thousands of recipes.

/ An award-winning app

Tap into innovative trackers, coaching sessions, meditations, and more.

/ 24/7 community

Join a support squad of expert WW coaches and members ready to share stories and cheer you on. Connect through the WW app and virtual or in-person Workshops.

/ The benefits of experience

Learn what works with a program based on 60 years of experience—and the latest research on nutrition and behavior change.

[^]People following the WW program can expect to lose 1-2 lb./wk.

All Medical Mutual members get an exclusive discount of 50% off the retail price of WeightWatchers membership.*

Learn more at [WW.com/mmomembers](https://www.weightwatchers.com/mmomembers)

Already a WeightWatchers member?

Sync your current account, or call WeightWatchers customer service at 866-204-2885.

*Pricing reflects the cost for WW's Core membership plan through your organization. Monthly payment required in advance. You'll be automatically charged each month in accordance with company pricing until you cancel. Pricing may adjust to the standard monthly rate if your relationship with your organization changes or terminates, or the agreement between your organization and WW terminates.

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