

Join WeightWatchers®—and meet the Points® Program

Lose weight and enjoy everything that makes life...life.

Get membership for

\$0

per month on select plans*

through Indiana University



Join now at [WW.com/iu](https://www.weightwatchers.com/iu)

Go beyond calorie counting

WeightWatchers takes a food's calories *and* complex nutritional info and turns it into a single number—the Points® value. Knowing a food's Points® value helps make snack and meal choices easier.

Get your personalized budget

Your customized Points Budget lets you “spend” on any foods you want. And you can track what you eat in the WW app.

Eat healthier, without the guesswork

You'll get a list of nutrient-rich ZeroPoint® foods you don't have to track or measure and the What to Eat feature to help you choose foods anytime, anywhere.

Find your support network

The WeightWatchers' members-only digital community is a judgment-free zone for sharing tips, inspiration, and recipes—and celebrating wins together.

#1

doctor-recommended weight-loss program**

4 million

members around the world

We're here for you, too.

Want to lose weight and build healthy habits? Living with diabetes? WeightWatchers offers products and programs designed for your unique needs.

Already a WeightWatchers member? Call customer service at 866-204-2885 to sync your account.

*Pricing reflects the cost for an eligible WW membership plan through your organization. Plans auto-renew monthly 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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