

# healthy habits, simplified

WW MEMBER  
ADAM Y.  
-70 LB<sup>^</sup>

WW MEMBER  
NIKKI M.  
-72 LB<sup>^</sup>

We've partnered with WeightWatchers® to bring you its program at a special discount.

## **no quick fixes**

Meet the program built on nearly 60 years of experience and ground-breaking nutritional and behavior change research.

## **nutrition made simple**

Get an eating plan for *your* body, over 200 foods you don't need to track, meal-planning tools, and 12,000-plus recipes.

## **an award-winning app**

Tap into innovative trackers, on-demand workouts, meditations, 5-Minute Coaching audio sessions, and more.

## **24/7 support**

Find a sense of belonging and always-on support with expert coaches and fellow members at in-person or virtual Workshops.

<sup>^</sup>People following the WW program can expect to lose 1-2 lb./wk.



Join WeightWatchers for **special discounted pricing** today!  
Visit [WW.com/wellness](https://www.weightwatchers.com/wellness) and enter SARH Access ID: **15942804**.

Two plan options available for SARH care team members:  
**Core (\$9/mo) or Premium (\$20/mo)**

### **Already a WeightWatchers member?**

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