The WW Experience
Texas Association of Counties
TAC has partnered with WW to bring county employees covered on a BCBSTX medical plan through TAC the WW program for as low as $12.72 per month
OUR PURPOSE AT WW

We inspire healthy habits for real life.*

* For people, families, communities, the world—for everyone.
Grounded in expert recommendations from WHO and US Dietary Guidelines, we help members eat healthier, with flexibility.

Our program helps members move more and celebrates all types movement and physical activity.

What’s in your head is just as important as what’s on your plate, so we help members shift their mindset.

Healthy sleep is critical to overall health. Members learn simple, sleep-better strategies and how it plays a role in their journey.
This is how our program comes to life
How it works

● Take the new personal assessment for a holistic view of what impacts weight loss for you—from food to sleep to how you think.

● Get scientifically matched with a food plan (Blue, Green, or Purple) that guides you toward food choices geared for your preferences and gives you your daily SmartPoints Budget.

● Your WW app will be personalized with trackers, FitPoints®, tips and tricks, recipes, and tools designed to help make losing weight easier.
The science behind SmartPoints
one simple, easy-to-understand number

SmartPoints Value
Complex nutritional data simplified to one easy-to-understand number

Personalized SmartPoints Budget
Based on age, weight, height, and sex

ZeroPoint Foods
Form the basis of a healthy eating pattern

- Based on WHO and US dietary guideline recommendations
- Serve as go-to foods and nudge people toward eating healthier options

Some foods have a SmartPoints value of zero, as they contribute healthful nutrients like fiber, vitamins and minerals
SmartPoints® focuses on health, not just calories

- The SmartPoints system makes healthy eating simple by putting complex nutritional information into one simple number

- **Calories** establish the baseline of how many SmartPoints the food will be worth

- **Sugar and Saturated Fat** increase the SmartPoints value

- **Protein** decreases the SmartPoints value
  - Some foods have a SmartPoints value of zero

Leverage the US dietary guidelines and WHO guidelines, to nudge people toward healthier eating pattern with more fruits, vegetables, lean protein

300 calories

1. Greek yogurt & fruit and peanut parfait
2. Scrambled eggs, Canadian bacon, avocado, tomato and English muffin
3. Pancakes with chocolate chips and maple syrup
At the center of it all is our WW app. It offers a personalized digital experience with a variety of features that make tracking and following the program easy. Key Features:

- Barcode scanner
- 8,000+ recipes
- Personalized content
- Featured articles on topics that keep members motivated
- Activity, sleep and water tracking
- Private social community
- Food tracking
- 24/7 live Coach chat
- On-demand workouts
- Syncs with Apple Watch, Fitbit and other devices

1M+ app reviews
4.8 ★ on AppStore
4.6 ★ on Google Play
New features include:

- Personalized starting point
- Detailed, weekly progress report
- Action plan to set goals for upcoming week
- Recipe suggester - cook what’s in your home
- Meal planner
- Personalized recipe carousel
- 5-minute Coaching
How WW helps you find success
WellnessWins

Our one-of-a-kind rewards program

- Daily activities such as food and activity tracking turn into wins that can be redeemed for exclusive products and experiences
- Members can also use wins to donate to those in need through our 501C3 WW Good
Wellness Partners: Mindset

- Meditation and mindfulness activities curated by Headspace are available for our members to follow anytime – we know happier people make healthier choices.
Wellness Partners: Activity

We partner with FitOn and Aaptiv to provide our members with a full range of in-app video and audio workouts, so they can choose the activity that best fits their lifestyle.
Sleep tips & tracking

Healthy sleep is critical to overall health and wellness

WW is now helping members build healthy sleep habits as part of their weight-loss and wellness journey through our new app feature, which includes:

• Sleep tracking
• Sleep-better techniques
• Tailored advice

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Support on your wellness journey
WW Connect & Connect Groups

Our members-only digital community, Connect, is a great way to stay inspired. It’s filled with people like you from around the country working toward their best selves—and cheering you on at the same time.

- Overwhelmingly positive posts
- An unparalleled safe and supportive community
TAC and WW Partnership
### WW Digital Program Through TAC

<table>
<thead>
<tr>
<th>WW program</th>
<th>Covered Dependent &amp; Non-Covered Employees</th>
<th>Covered employee cost per month</th>
</tr>
</thead>
<tbody>
<tr>
<td>Digital</td>
<td>$16.96</td>
<td>$12.72</td>
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All county employees covered on the BCBSTX medical plan through TAC are eligible for the special subsidized price. Spouses, dependents, non-covered employees, and TAC staff are eligible for the discounted price.

Join now at [ww.com/us/healthycounty](http://ww.com/us/healthycounty)
BONUS: Sign-up Gift!

1. Sign up for WW Digital or Digital + Workshop offering before February 28th by going to
   ww.com/us/healthycounty

2. Visit WW.com/unstoppable by March 14th to redeem your kit.
Introducing the Wellness Insiders Network

The Wellness Insiders Network (WIN) is a program developed, implemented, and executed by WW Health Solutions designed to inspire ambassadors to become change agents for wellness within their organization.

WIN Elements:

Inspire
Exclusive wellness content

Community
A private social platform

Rewards
Selection of rewards that drive value
Benefits of Becoming a Wellness Insider

- **Rewards program** where you can earn exclusive WIN merchandise as our thank you for promoting WW and overall well-being in your workplace.

- **Enhance your wellness knowledge** with access to exclusive learning opportunities from industry experts on topics including reducing stress, change management, healthier workplaces, and more.

- **Gain inspiration and support** from Insiders across many organizations via an Insider-only community.

- **Monthly newsletters** with tips, tricks, upcoming WW promotions and Insider spotlights.

WIN enrollment details to be provided
Enroll on the WIN website: [ww.com/wellnessinsiders](http://ww.com/wellnessinsiders)