



Weight Loss that Works.
Wellness that Works.™

February Newsletter

What's new this month at WW

A program that can change your life!

You're unique and your weight loss program should be too. WW curates a plan designed specifically for you to hit your personal weight loss goals – all while eating the foods you love and living the life you want. No two plans are alike!

Meet Zackory K., teacher & WW member who lost 35 lbs.* when he joined with his colleagues at work!

“The new PersonalPoints program has given me extra incentive to focus on healthy habits. Now that I’m adding Points® as a reward for drinking water and eating non-starchy veggies, I’ve seen my intake of both go way up. For me, that goal is to live a fun, purposeful life—and I'm not missing a beat!”

Read more about Zackory’s story [here](#).

*People following the WW program can expect to lose 1-2 pounds per week.



Not a WW member yet?

Get your Kit!

Join WW by Feb. 28th and get a Start Strong Kit with your membership! Get your Kit at WW.com/strong2022



WW recipe of the month

WW's most popular recipes in 2021

The results are in for WW members most tracked and most popular recipes. Check out these easy and delicious recipes [here!](#)



Start your success story today!

Employees, spouses, and dependents age 18 and older enrolled in an OEBC medical plan can sign up at NO COST to you. Visit OEBC.WW.com to learn more.