A happier, healthier life starts here.

Johns Hopkins University is committed to helping you reach your wellness goals—to lose weight, eat healthier, move more, develop a more positive mindset, or all of the above—by offering discounted pricing on the WW offerings listed below. Join WW, and you’ll get access to lots of exciting features, including exclusive mindset content through Headspace®, and incredible products and experiences through our rewards program, WellnessWins™.

There has never been a better time to join WW!

<table>
<thead>
<tr>
<th>Choose the plan that’s right for you</th>
<th>Digital</th>
<th>Digital + Workshops</th>
</tr>
</thead>
<tbody>
<tr>
<td>Retail price per month</td>
<td>$19.95</td>
<td>$44.95</td>
</tr>
<tr>
<td>Johns Hopkins University discount + subsidy</td>
<td>$11.47</td>
<td>$25.84</td>
</tr>
<tr>
<td>Your price per month</td>
<td>$8.48</td>
<td>$19.11</td>
</tr>
</tbody>
</table>

**Easy-to-use app and website**
Track your food, activity, and weight any time with our digital tools.

**Endless food options**
With our database of 4,000+ delicious recipes, you’ll eat what you love and lose weight.

**Encouragement from a vast online community**
Keep in touch with other members on their weight-loss journeys and share tips, tricks, and ideas with each other.

**Motivation from others with similar goals**
Share your journey with fellow members through weekly in-person workshops.

**Insightful coaching from a WW expert**
Get strategies from someone who’s been in your shoes and lost weight.

Plans automatically renew monthly. See below for details.

*Who is eligible? All full-time and part-time employees and retirees are eligible for the WW discounted rates and subsidy.

To purchase either of these WW offerings, or for more information, visit [https://wellness.weightwatchers.com](https://wellness.weightwatchers.com), and enter Employer ID: 59237

**Unique ID:** Enter your last name, first name initial and date of birth in the following format:
- Example 1: John Smith, Born Feb 20, 1975 - Unique_ID1: smithj2201975
- Example 2: Mary O’Connor, Born Nov 1, 1980 - Unique_ID1: o’connorm1111980
- Example 3: Mark Cliff-Myers, Born March 15, 1960 - Unique_ID1: cliff-meyersm3151960

**Note:** A zero should not proceed a single digit month or day, and apostrophes/hyphens should be used where needed in last names which should be lowercase

For questions or assistance registering please call the WW Wellness Hotline at [866-204-2885](tel:866-204-2885).