



**Show your true colors**  
**And choose how you start to lose**

Losing weight is hard. That's why **Johns Hopkins University** has partnered with **Weight Watchers®** to change your relationship with food, for good. With our proven weight-loss approach and powerful group support, feel great about your choices from veggies to pizza —and everything in-between.

**With Weight Watchers, it's about options. Let's get started with an offer that works for you:**

<b>Weight Watchers Meetings*</b>		<b>Weight Watchers OnlinePlus**</b>	
Enjoy convenient meetings in your workplace and unlimited meetings in your local community		Easily follow the plan step-by-step entirely online with digital and mobile tools <sup>†</sup> , including:	
<ul style="list-style-type: none"> <li>• Our <b>BEST value</b></li> <li>• Get <b>FREE access to OnlinePlus</b>, our full suite of digital tools to help you stay on track between meetings</li> </ul>		<ul style="list-style-type: none"> <li>• Weight tracker, progress charts, restaurant guides <b>and much more</b></li> <li>• Available for men and women with tailored content that speaks directly to each audience</li> </ul>	
<b>Monthly Pricing</b>	\$36.50	<b>Monthly Pricing</b>	\$16.10
<b>Subsidy</b>	50%	<b>Subsidy</b>	50%
<b>Your Monthly Cost</b>	<b>\$18.25</b>	<b>Your Monthly Cost</b>	<b>\$8.05</b>

To purchase either of these Weight Watchers offerings, or for more information, visit <https://wellness.weightwatchers.com>

**Employer ID:** 59237

**Employer Passcode:** jhuwellness

**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

If you experience any problems with this site, please call the Weight Watchers Wellness Hotline at 866-204-2885.

\* Monthly payment is required in advance. The subscriber will automatically be charged each month in accordance with company pricing until they cancel. Sold in participating areas only; may not be accepted for local and/or At Work meetings in all areas. Minimum enrollment and participation required to start and maintain an At Work meeting.

\*\*OnlinePlus subscription will be automatically renewed each month and you will be charged in accordance with your company's pricing until you cancel.

† Digital tools and apps available only with OnlinePlus or eTools subscription. Apps available for iOS and Android devices.

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