

Let us inspire you to achieve your goals this holiday season, whether you want to lose weight, eat healthier, move more, develop a more positive mindset, or all the above.

Hurry! This FREE Best Self box offer ends on 11/21/18.*

- Step 1 Enroll in WW by going to https://wellness.weightwatchers.com, input the UMW Employer ID: 6359, Employer Passcode: WW63569. Follow the instructions to enroll.
- Step 2 Once enrolled, redeem for your Best Self box by going to weightwatchers.com/atworkgift, and enter your member registration number and shipping address. Complete this step by 12/5/18.

If you experience any problems enrolling or redeeming for your Best Self box, please call WW Customer Service at 866-204-2885.

^{*} Free Best Self box: You must purchase a Digital, Digital + Workshops, or WW for Diabetes membership through your employer or health plan between 10/15/18 and 11/21/18 to get free box. Available only where Workshops in the workplace are offered, and in participating areas only. One box per member. Once you join WW, you will be given instructions on how to redeem your box. Box must be redeemed by 12/5/18. While supplies last. US addresses only: no P.O. boxes or APO/FPO boxes. Please allow at least 3-4 weeks for delivery. Offer not available to current members. Offer may be revoked at any time and may not be redeemed for cash. Non-transferable. Void where prohibited.