



**Join Jeanine** and more than 24,000 of your colleagues and their families throughout the City to help you make 2018 your healthiest year yet!

**Click below to watch Jeanine's At-Work Success Story:**

Jeanine lost 33 pounds<sup>‡</sup> after joining [Weight Watchers](#) through [WorkWell NYC](#) and attending at-work meetings at her worksite, the Queens District Attorney's Office. Jeanine took advantage of a subsidy for City employees that reduces the cost of membership by **more than 50% off\*** the regular membership price!



### What's new?

This year, Weight Watchers launched their [WW Freestyle™ program](#) designed to help you make healthier choices, with more flexibility and freedom than ever before.



- ✓ **Eat what you love** Celebrating January birthdays with a cake in the office? No problem. Have a slice, and choose from 200+ zero Points foods to eat delicious, satisfying meals for the remainder of the day. Tracking is easier than ever!
- ✓ **Do what moves you** Ice skating, snowball fights, dancing – Weight Watchers is about moving for pleasure. Doing what you enjoy, instead of what you

"should", is the key to making activity part of your life. Every little bit counts!

- ✓ **Live your best life** New rollover points give you the flexibility to help you plan for that weekend getaway throughout the week so you can feel great about enjoying your favorite foods on special occasions.

Check out this [on-demand webinar](#) to learn more about exciting program updates in Weight Watchers Freestyle™.

### Ready to get started?

City employees can take advantage of a subsidy that reduces the cost of membership by **more than 50% off\*** the regular membership price. Click [here](#) for membership pricing.

Plus, spouses/domestic partners, dependents (ages 18-26) and retirees\*\* are also eligible [for discounted pricing](#) through the WorkWell NYC partnership with Weight Watchers — making health a family affair!

### But wait, it gets better!

Sign up between **January 2 and January 19** to receive a **FREE Jumpstarter Kit!**

Visit [nyc.join.weightwatchers.com](http://nyc.join.weightwatchers.com) to sign up, and then go to [www.weightwatchers.com/atworkstarterkit](http://www.weightwatchers.com/atworkstarterkit) to redeem your gift!

After buying a membership, you must redeem Kit online by 2/2/18. While supplies last. Kit contents may vary.



\*The dollar value of this contribution/benefit will be included as taxable income to the employee.  
\*\*Spouses and dependents of retirees are not eligible for the subsidy.

†FREE JUMPSTARTER KIT OFFER: You must purchase a Meetings + OnlinePlus or OnlinePlus membership between 1/2/18 and 1/19/18 to get free kit. Available only where Weight Watchers memberships are offered through your workplace or health plan, and in participating areas only. One kit per member. Kit includes 4 popular products valued at \$50. Kit must be redeemed by 2/2/18. 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.

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