



# American University



## A happier, healthier life starts here.

**American University** is committed to helping you reach your wellness goals—to lose weight, eat healthier, move more, develop a more positive mindset, or all 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™**. **WW welcomes everyone who seeks to be healthier, not just manage their weight.**

There has never been a better time to join WW!

Choose the plan that's right for you. Plans include the following features:	Digital	Digital + Workshops (formerly meetings)
<b>Easy-to-use app and website</b> Track your food, activity, and weight any time with our digital tools.	*	*
<b>Endless food options</b> With our database of 4,000+ delicious recipes, you'll eat what you love and lose weight.	*	*
<b>Total support in real time</b> Get help and answers from a WW Coach 24 hours a day, seven days a week in 24/7 Expert Chat.	*	*
<b>Connect with our online community</b> , day or night, for inspiration and motivation.	*	*
<b>Inspiration and connection</b> Share your journey with a group of fellow members through weekly in-person Wellness Workshops (where available).		*
Retail value	\$19.95	\$44.95
<b>American University</b> discounted rate	\$18.00	\$40.00

Plans automatically renew monthly. See below for details.

All employees are eligible for the WW discounted rates.

To purchase any of these WW offerings or for more information, visit [wellness.weightwatchers.com](https://wellness.weightwatchers.com) or <https://www.weightwatchers.com/us/wwhs> and enter **American University Access ID: 15876700**.

For questions or assistance registering, please call the WW Wellness Hotline at **866-204-2885**.

**Digital membership plan:** Pay \$18.00 today for your first month. Plan automatically renews monthly thereafter at \$18.00 until you cancel.

**Digital + Workshops membership plan:** Pay \$40.00 today for your first month. Plan automatically renews monthly thereafter at \$40.00 until you cancel. Sold in participating areas only; may not be accepted for local workshops and/or Workshops in the workplace in all areas. Minimum enrollment and participation required to start and maintain Workshops in the workplace.

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