WEIGHT WATCHERS FOR BUSINESS | NY44 Health Trust Benefits Plan

Weight Watchers® for Menopause

Menopause is a journey, not a destination—and WW is here to make sure you have the map.

Supporting you through peri, post, and everything in between—WW's Menopause program offers:

- **A Points® Plan Just for You:** Forget "standard." Get custom macro targets and nutrient goals calibrated for your changing metabolism.
- **Coaches Who Get It:** Join virtual workshops led by experts who actually understand the peri-to-post transition.
- **Your Menopause Manual:** Get science-backed tips for symptom management and lifestyle wins delivered to you daily.
- **Pro-Level Advice:** Direct access to Registered Dietitians who specialize in this exact life stage.

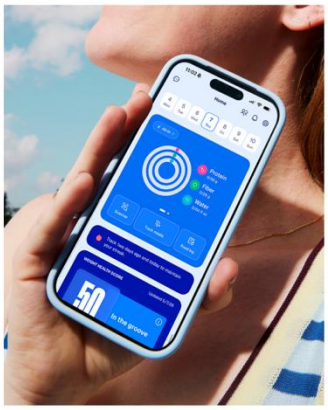
Save on a Core+ membership!

Sign up at ww.com/NY44 for no additional cost.*

Enable "Menopause Support" in your health conditions settings after enrolling.

Already a Weight Watchers member? Call customer service at 888-204-2885 to sync your account.

***Pricing** reflects the cost of an eligible WW membership plan through your organization. Pricing may adjust to the standard monthly rate if your relationship with your organization changes or terminates, or the agreement between your organization and WW terminates.

Some program features may not be available under your organization's plan.

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