



This is *your* year for wellness success

TAC HEBP has partnered with WW (Weight Watchers® reimagined) to help you achieve your weight-loss goals. **Get an exclusive discount of more than 25% off the retail price and join now for as low as \$12.72 per month.*** Covered employees should select **MEMBER** and enter BCBSTX ID to receive subsidized price. TAC also offers a discounted rate of \$16.96 to spouses, dependents, and noncovered employees. **Sign up or learn more at WW.com/us/healthycounty**

Start your wellness journey today!



- ✓ WW's most holistic wellness program
- ✓ Members get a customized, science-backed weight-loss plan
- ✓ Award-winning app packed with stay-on-track tools

Get 24/7 support

- ✓ Over 9,000 delicious recipes
- ✓ Around-the-clock live Coaching, via the app and website
- ✓ On-demand audio and video workouts, meditations, and more

Success starts here!



Cat, lost 55 lbs*

*People following the WW program can expect to lose 1-2 lbs per week. Cat lost weight on a prior WW program and myWW™ and is continuing on myWW+™.

Already a WW member? You can sync your current WW account to get this discount.

Questions on signing up or syncing your current account?

Call WW Customer Service at 866-204-2885.

As low as price reflects the Digital membership plan for a TAC HEBP county employee covered on the BCBSTX medical plan. Monthly payment is required in advance. You will be automatically charged each month in accordance with company pricing until you cancel or your employment with your company terminates. Available in participating areas only.

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weightwatchers
reimagined



Our most customized program ever, *myWW*,™ is proven to make weight loss easier.^^

Get all this in our award-winning app!



1

Guidance *exactly* when you need it. Chat with a WW Coach 24/7. We're here to help!

2

8,000+ *delicious* recipes. Everything's on the menu. We've got thousands of healthy and satisfying recipes you can filter by dietary needs, prep time, and more.

3

An *uplifting* community. Our Connect social network is an inspiring hub where members share stories, swap recipes, and celebrate each other's successes.

4

App features that help you *feel your best*. In addition to food and activity tracking, our new water and sleep trackers ensure you're staying hydrated and getting enough shut-eye.

5

Ways to *move more and stress less*. Boost your activity with Aaptiv and FitOn virtual workouts. Access curated Headspace® meditations that help with stress, mindful eating, sleep, and more.

6

Exciting *rewards and experiences*. Our one-of-a-kind free rewards program, WellnessWins™, delivers inspiration for the small steps you'll take towards reaching your goals.

Join WW today to build healthy habits and start losing weight!

Sign up now at ww.com/us/healthycounty and get an exclusive discount off the retail price.

Need help signing up? Call WW Customer Service at 866-204-2885.

^^In 6-mo study, 88% of participants said myWW was an easier way to lose weight vs. when they tried on their own, funded by WW. ©2020 WW International, Inc., owner of the WW Logo, Weight Watchers, myWW, and WellnessWins trademarks. All rights reserved.





Weight Loss that Works.
Wellness that Works:

NEW

PersonalPoints™

WW'S MOST PERSONALIZED
PROGRAM EVER—
NO TWO PLANS ARE ALIKE!

WW's new PersonalPoints Program can help you drop the pounds you want while eating what you love and living *your* life fully.

FIND SUCCESS WITH A WEIGHT-LOSS
SOLUTION MADE FOR *YOUR* LIFE!



A plan that's yours— and only yours

WW's nutrition experts craft a food plan unique to you based on what you like to eat.



Science, simplified

An updated food algorithm looks at calories and complex nutrient data to create one simple number—a food's PersonalPoints value—to make eating healthier easier and fun.



Zero deprivation

No foods are off-limits, and to encourage good-for-you habits, your food Budget actually grows when you eat non-starchy veggies, drink water, and get active.

Discover your
personalized
success plan
with your
discount!

To learn more about our partnership with WW or to join now, visit WW.com/us/healthycounty



* "As low as" price reflects the Digital membership plan for your organization's employees. Monthly payment is required in advance. You will be automatically charged each month in accordance with company pricing until you cancel or your employment with your organization terminates or the agreement between your employer and WW terminates. Offer available in participating areas only.

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