

Join WeightWatchers®

Reachable goals with
simple, science-backed
changes



Join for as
low as
\$11.81

on select plans*

A plan tailored to you

Get your customized
nutritional plan based on
your unique lifestyle.

Eat healthier, without the guesswork

Prioritize nutrient-dense
foods which require
no tracking or
measuring.

Find your support network

Connect with expert
WW coaches, access
Virtual Workshops, and
celebrate with members
like you.

[ww.com/paramounthealth](https://www.ww.com/paramounthealth)

Already a WeightWatchers member?

Call customer service at 866-204-2885 to sync your account.

*Pricing reflects the cost of an eligible WW membership plan through your organization. If your membership includes a monthly payment, it is required in advance. You'll be automatically charged each month, if applicable, in accordance with company pricing until you cancel. 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.

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