



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/johnshopkinsuniversity



* "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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