

# Welcome to WW



The new  
weight watchers

## NEW self-referrals!

### No need to visit your GP

Your wellbeing is extremely important to us which is why we are working in partnership with Hertfordshire County Council, East & North Herts and Herts Valleys CCGs to make joining WW much easier.

We still offer the same range of options to support you in your weight loss goals, but now you no longer have to wait for your GP to refer you. You can join our FREE 12-week WW programme today.

Call us on 0345 602 7068

quoting WWS71

Scan the QR Code

[ww.com/uk/hertfordshire](http://ww.com/uk/hertfordshire)



## What a difference 12 weeks makes

WW works – you'll lose pounds and inches. But what's really exciting is how much you gain – fitness, positivity, confidence, health, happiness and so much more.

## What to expect at a workshop

### It's where the magic happens!

You'll get expert guidance and support at your local workshop. There's a warm and friendly welcome and every single person there is your ally – we're in it together and together we can do it.

**The plan:** You'll get the low-down on SmartPoints® our brilliant food plan. It nudges you to healthier choices so you lose weight eating the food you love and find ways to get more active. We are also offering curated content from meditation app Headspace to help you stress less and focus more.

**The WW coach:** A living, breathing success story with a huge arsenal of inspirational hints and tips. They've been there, done that and have the (smaller) t-shirt to prove it!

**The wellness check-in:** It's confidential, just between you and your WW coach. It keeps you focused and gives you a clear picture of how the plan is working.

**The workshop:** Your support network where you can talk a little, or a lot, it's totally up to you. It's a unique mix of inspiration, fun, camaraderie, empowerment and motivation, making it the perfect place to learn about healthy habits that will make your journey a success.

## And the benefits are awesome!

Losing 5% of your body weight is a realistic goal to aim for in your 12 week course. And it's a big, healthy deal! As well as looking and feeling better, you'll gain energy and some amazing health benefits. It can:

- lower your body's cholesterol levels
- improve blood sugar control
- reduce aches and pains and improves mobility
- improve your breathing
- help you to sleep better and reduces the risk of sleep apnoea
- help prevent angina – chest pain caused by decreased oxygen to the heart
- decrease your risk of sudden death from heart disease or stroke
- stop the need for regular medication
- reduce the risk of certain cancers



## Member feedback

"This was an excellent scheme. It gave me the kick I needed. Losing weight through WW has dramatically improved my wellbeing, as well as improving my confidence."

"Amazing programme, love the app."

"This has changed my life and I feel like a new person."

## WW - your perfect partner

Over the last 50 years, WW has helped millions of people lose weight. And we've been working with the NHS, local authorities and health professionals since 2005, helping thousands of people succeed in weight loss after a referral.

We know that your success goes beyond just the number on the scales – it's a combination of how you feel, your confidence, health and happiness. So as well as losing weight, we'll empower you to get healthier and live happier too.

## Put simply – it works!

WW is proven to be an effective choice. An independent<sup>1</sup>, national audit of almost 30,000 people who were referred to WW demonstrated consistent and sustained weight loss results – so rest assured, you'll be in the right place.

If you are eligible\*, you will be able to attend 12 FREE weekly workshops, with complimentary access to a wide range of digital tools<sup>†</sup>. It all adds up to one hour a week that tops up your motivation tank and sets you up for success.

\* Eligibility criteria can be viewed at [ww.com/uk/hertfordshire](http://ww.com/uk/hertfordshire)

<sup>1</sup> Ahern A et al (2011) WW on prescription: An observational study of weight change among adults referred to WW by the NHS. BMC Public Health, 11, 434.  
<sup>†</sup> Referrals are usually 12 sessions of workshops and 16 weeks of digital tool access.

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In partnership with:

