Discover the Real WW

Backed by the latest science and made for real life, WW (Weight Watchers reimagined) is a leader when it comes to wellness.

Here are just a few of the reasons why we chose WW as our partner and why you can trust them with your weight and wellness goals.

1. **Doctors recommend WW**

WW is the number one weight loss program recommended by doctors, according to a new survey of 14,000 doctors*. But that’s not all! U.S. News & World Report has named WW the best diet for weight loss 11 years in a row.

2. **The WW app can help**

WW members love the award-winning WW app! It’s packed with tools that help members stay on track, wherever they are. The app includes food and activity trackers, workouts and meditations, personalized recipes, anytime coaching, and so much more.

3. **WW Coaches are real people**

Our Coaches aren’t bots, and they know what it takes to succeed! Through our app and through in-person and virtual workshops, WW Coaches motivate and support you every step of the way.

4. **WW isn’t just about weight loss**

The new myWW+ program isn’t just about food and weight loss. The program can also help you move more, sleep better, and shift to a healthier state of mind. Better yet, it starts with a personal assessment that builds your plan around you and your goals.

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WW is grounded in science

WW’s modern weight loss program is led by a group of innovative psychologists, nutritionists, and other experts. This team regularly partners with universities to conduct clinical research, ensuring that the program is rooted in the best science.

Reach your goals with WW!

To find out if you qualify and to learn more, please call our health coaches at 1-866-635-7045 (TTY: 711).

*Based on a 2020 IQVIA survey of 14,000 doctors who recommend weight loss programs to patients.

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If English is not your first language, we can help. Call 1-866-799-5318 (TTY: 711). You can ask us for the information in this material in your language. We have access to interpreter services and can help answer your questions in your language. You can get this material and other plan information in large print for free. To get materials in large print, call Member Services at 1-866-799-5318.


Chinese: 如果英语不是您的第一语言，我们可以提供帮助。请致电 1-866-799-5318 (TTY: 711)。您可以使用您的语言向我们询问此材料中的讯息。我们有提供口译服务，以用您的语言协助回答您的问题。您可以从大字体免费获得此材料以及其他计划资讯。如需以大字体获得材料，请致电会员服务 1-866-799-5318。