

The University of San Francisco is committed to helping you reach your body composition goals and improve your overall health by subsidizing a portion of the cost of the following Weight Watchers® programs.



Choose your level of support	Meetings* + OnlinePlus	Weight Watchers for Diabetes**	OnlinePlus†
Monthly Pricing:	\$38.22/mo.	\$56.06/mo.	\$16.96/mo.
USF Contribution:	\$19.11/mo.	\$36.95/mo.	\$8.48/mo.
You Pay:	\$19.11/mo.	\$19.11/mo.	\$8.48/mo.
Food and activity tracking	✓	✓	✓
Personalized goals	✓	✓	✓
Access to our community	✓	✓	✓
24/7 online chat support	✓	✓	✓
Weekly group meetings	✓	✓	—
Guidance from trained leaders	✓	✓	—
Weekly private weigh-ins	✓	✓	—
Guidebooks and materials	✓	✓	—
Confidential and unlimited access to a Certified Diabetes Professional‡	—	✓	—
Food plan tailored to individual needs	—	✓	—
Weekly e-mails with information on diabetes and weight-loss management	—	✓	—

To sign up for any program and receive more than 50% off the regular membership prices, visit wellness.weightwatchers.com, and enter the following information:

- **Employer ID:** 14007556
- **Employer Passcode:** WW14007556
- **CWID:** your campus ID

For questions or assistance with registering, call the Weight Watchers Wellness Hotline at **(866) 204-2885**.

* Meetings + OnlinePlus subscription requires monthly payment in advance and will automatically renew each month. You will be charged in accordance with your company's pricing until you cancel. Sold in participating areas only; may not be accepted for local and/or At Work meetings in all areas. Minimum enrollment and participation required to start and maintain an At Work meeting.** Weight Watchers for Diabetes may be available to those who meet eligibility criteria and participation a Meetings subscription, the availability of which will vary in accordance with company size and commitment. Further restrictions apply.

† OnlinePlus subscription requires monthly payment in advance and will automatically renew each month. You will be automatically charged in accordance with your company's pricing until you cancel.

‡ The Weight Watchers for Diabetes information and guidance provided by the CDE is not intended as a substitute for medical diagnosis or treatment; you should always consult your physician about any healthcare issues.