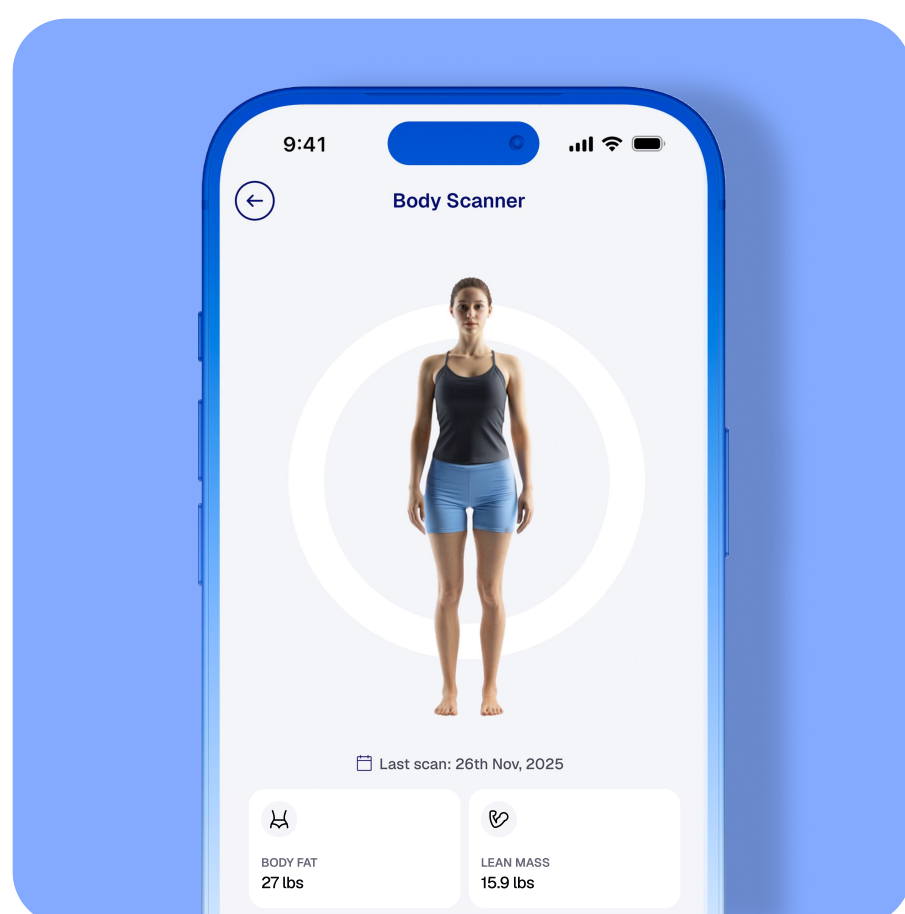
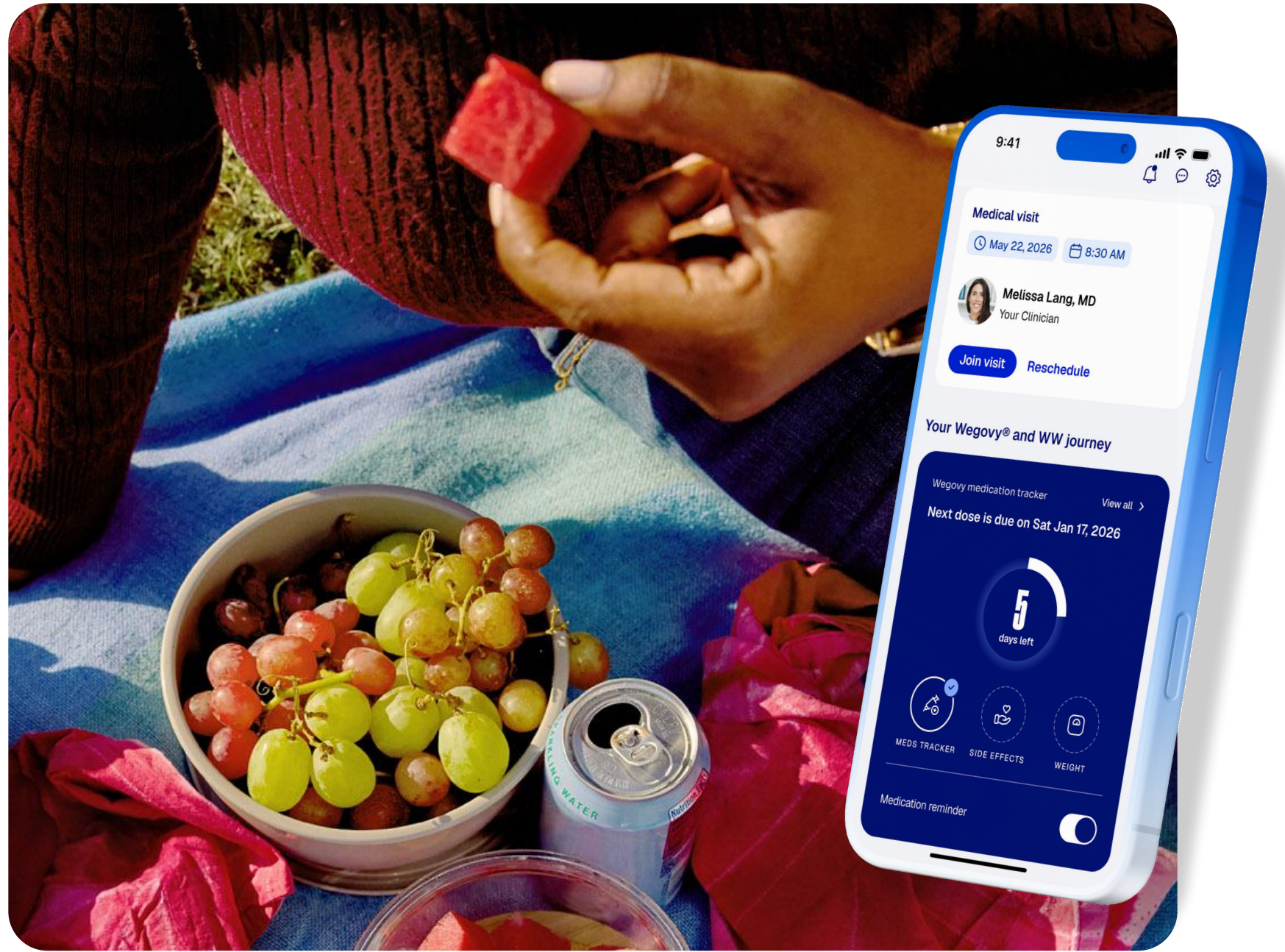


EVIDENCE-BASED WEIGHT HEALTH:

Scientific Validation of the Weight Watchers Comprehensive Program



WEIGHT WATCHERS FOR BUSINESS



Evidence-Based Weight Health: Scientific Validation of the Weight Watchers Comprehensive Program

The increasing prevalence of overweight and obesity and the importance of treating obesity to improve long-term health outcomes necessitates sustainable weight management strategies. While pharmaceutical interventions like glucagon-like peptide-1 receptor agonists (GLP-1) offer significant potential, maximizing their effectiveness requires a holistic approach that addresses complex behavioral, nutritional, and lifestyle factors. Driven by six decades of being the trusted leader in weight management rooted in science and community, Weight Watchers is one of the most studied and comprehensive weight management solutions. This is evidenced by over 180 scientific publications, including more than 40 randomized controlled trials.

Our comprehensive data consistently demonstrates the profound efficacy of the Weight Watchers program across various cohorts:

- ✓ Members taking GLP-1 RAs lost 20.5% on average after 24 months with WW Med+.
- ✓ WW members experienced a 34.7% improvement in dietary quality, a 53.2% increase in strength training frequency, and a 53% improvement in weight-related quality of life.
- ✓ WW members taking oral medications experienced an average of 54% more weight loss than these medications alone when combining medication with the WW Core+ behavioral program.
- ✓ Analysis of 80,000+ WW Core members who referred a friend showed 45% more weight loss at week 12 compared to those who did not.

01

Real-World Weight Loss Outcomes with Weight Watchers Med+ and Anti-Obesity Medications

Members taking GLP-1 RAs lost 20.5% on average after 24 months with WW Med+

INTRODUCTION

This cross-sectional analysis of real-world data evaluated the effectiveness of Weight Watchers Med+ on weight loss over an extended period (up to 24 months) in members taking any anti-obesity medication and specifically in those taking long-acting subcutaneous GLP-1 receptor agonists.

METHODOLOGY

Researchers analyzed the weight changes of over 3,000 Weight Watchers Med+ members who provided their weight at baseline and at various time points (3, 6, 9, 12, 18, and 24 months) after starting their membership. The participants were segmented based on whether they were taking any AOM or specifically a long-acting subcutaneous GLP-1 RA.

RESULTS

The study demonstrated significant and sustained weight loss among Weight Watchers Med+ members utilizing AOMs, with even more pronounced weight loss observed in those using GLP-1 RAs over time. The data also highlights the considerable tenure of members on these medications within the Weight Watchers Med+ program. Weight Watchers can help drive adherence for medications, as we know that a member who is prescribed a medication in combination with lifestyle intervention and side effect management has a better path to success.

TIME ON PROGRAM	AVERAGE WEIGHT LOSS (GLP-1RAs) via WW Clinic
3 months	11.3% ¹
6 months	16.7% ¹
9 months	20.2% ¹
12 months	21.0% ²
18 months	18.8% ³
24 months	20.5% ³

Findings suggest the WW program also supports medication adherence and helps reduce side effects.



Disclosure: 1. Ard JD, Hong YR, Foster GD, Medcalf A, Nadolsky S, Cardel MI. Twelve-month analysis of real-world evidence from a telehealth obesity treatment provider using anti-obesity medications. Obesity. 2024. 2. In a study of 3,260 WW Clinic patients, patients that were prescribed a GLP-1 lost on average 21% of their body weight at 12 months. See important GLP-1 safety information. 3. Ard JD et al. Manuscript in Draft.

02

Improved Health Behaviors and Quality of Life with the Weight Watchers GLP-1 Success Program

34.7%

improvement in dietary quality

53.2%

increase in strength training frequency

53%

improvement in weight-related quality of life

INTRODUCTION

This 6-month single-arm trial assessed the effectiveness of the Weight Watchers GLP-1 Success Program in individuals taking either semaglutide or tirzepatide within the Weight Watchers Med+ setting, focusing on changes in weight, dietary quality, physical activity, and weight-related quality of life.

METHODOLOGY

All 180 participants in this 6-month trial were Weight Watchers Med+ patients on either semaglutide or tirzepatide and received the Weight Watchers GLP-1 Success Program, which is tailored to the needs of members taking GLP-1 medications, including nutritional guidance and support for increasing physical activity.

RESULTS

The study showed significant improvements across multiple health-related outcomes. Participants experienced substantial weight loss, a marked improvement in their dietary quality, increased engagement in physical activity, and a significant enhancement in their weight-related quality of life.



34.7%

improvement in dietary quality

1 HOUR

/week decrease in sedentary time

53.2%

increase in strength training frequency

53%

improvement in weight-related quality of life

INCLUDING

↑ 62%

increase in physical function

↑ 197%

improvement in self-esteem

↑ 78%

improvement in sexual life

↓ 30%

reduction in public distress

↑ 46%

improvement in quality of life at work

Disclosure: Based on a 6-month single arm trial (n=180) in participants on a GLP-1 medication enrolled in WW Clinic. Heinberg et al. 2024. Manuscript under review. Funded by WW International, Inc.

03

Increased Weight Loss when Anti-Obesity Medication is Combined with WW Med+ and Success Program

An average of **54% more weight loss** with the combination of oral medication and the WW success program

INTRODUCTION

This 12-week randomized controlled trial investigated the impact of combining lower cost and highly accessible first-generation anti-obesity medications (bupropion and naltrexone) with the Weight Watchers behavioral program, including the Points® Program, compared to using the medication alone.

METHODOLOGY

Researchers at Weight Watchers Med+ enrolled 101 eligible patients who were prescribed bupropion and naltrexone. Participants were randomly assigned to one of two groups: (1) medication alone or (2) medication plus Weight Watchers Core+. The study assessed the percentage of body weight change after 12 weeks.

RESULTS

The study demonstrated a statistically significant difference in weight loss between the two groups. Participants who combined bupropion/naltrexone with the Weight Watchers program experienced substantially greater weight loss compared to those who only took the medication.

Individuals engaged with the WW program alongside bupropion and naltrexone lost **54% more weight** than those taking the medication on its own after 12 weeks.

WEIGHT LOSS COMPARISON:

4.2% body weight loss for Weight Watchers Med+ plus medications

2.7% body weight loss for medications alone



Disclosure: Based on a 12-week randomized controlled trial (n=101) that compared taking bupropion & naltrexone medications on their own to taking bupropion & naltrexone with the WeightWatchers behavioral program, including the Points® Program. Jones et al. Manuscript in draft. Funded by WW International, Inc.

04

The Weight Loss Impact of Social Support and Community

Analysis of 80k+ WW members shows that members lose 45% more weight with a friend

INTRODUCTION

This cross-sectional analysis of real-world data evaluated the effectiveness of Weight Watchers Med+ on weight loss over an extended period (up to 24 months) in members taking any anti-obesity medication and specifically in those taking long-acting subcutaneous GLP-1 receptor agonists.

METHODOLOGY

The analysis included a large cohort of 1.7 million Core members who did not refer a friend and **82,000 Core members** who did refer a friend during their membership, examining their weight loss at the 12-week mark.

RESULTS

The data suggests a positive association between referring a friend to the WeightWatchers program and greater weight loss at 12 weeks of membership.



**Weight Watchers
Core members who
referred a friend to
the program
experienced 45%
more weight loss at
week 12 compared
to those who did not.**

Disclosure: Based on an internal data analysis at week 12 of membership comparing 1.7M Core members who didn't refer someone to 82K Core members who did refer someone during their membership conducted from April 2022-April 2023.



Conclusion

Drawing upon a rich history as a leader in weight management, Weight Watchers consistently demonstrates its commitment to scientific rigor and a research-proven approach. The findings detailed in this white paper further solidify the value of Weight Watchers' comprehensive program. By combining evidence-based behavioral strategies with clinical interventions, Weight Watchers offers a powerful pathway to achieving significant and sustainable weight management outcomes. This underscores our continued dedication to advancing effective and innovative solutions in the pursuit of improved health and well-being.