



Weight Loss that Works.  
Wellness that Works.

Join now



myWW+

SmartPoints

Tracking

Food

Activity

Connect

WellnessWins

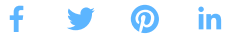
Success Stories



Starter Guide

# How to use the WW app

Here's how to find all the features included with your membership that make losing weight easier.



## 5 weight-loss apps in 1

Available for Apple and Android, our award-winning app lets you take *myWW+* with you wherever you go!

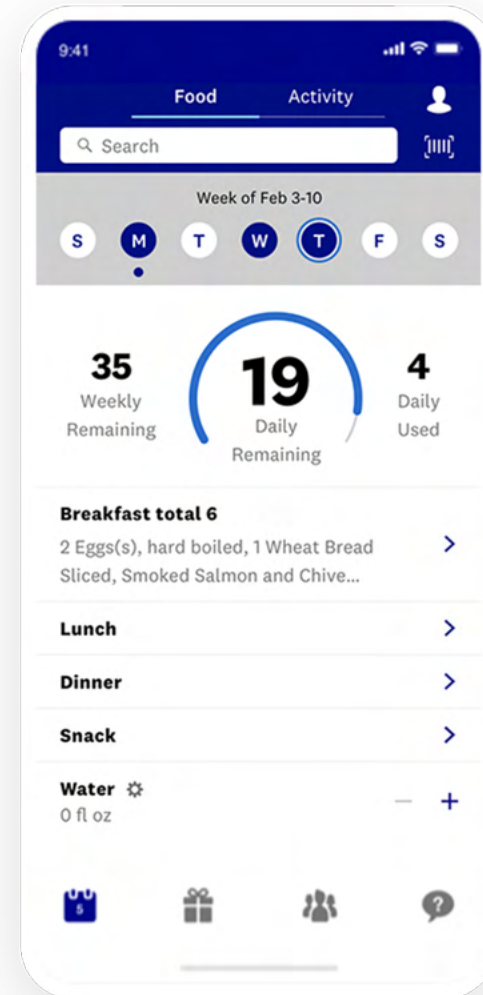
**39 things you didn't know the WW app could do**

## How to use the WW app

### Your homescreen

- Track food, activity, water, and sleep quickly and easily.
- Tap the Search bar to look up specific foods and get recipe recommendations with our "What's in your fridge?" feature.

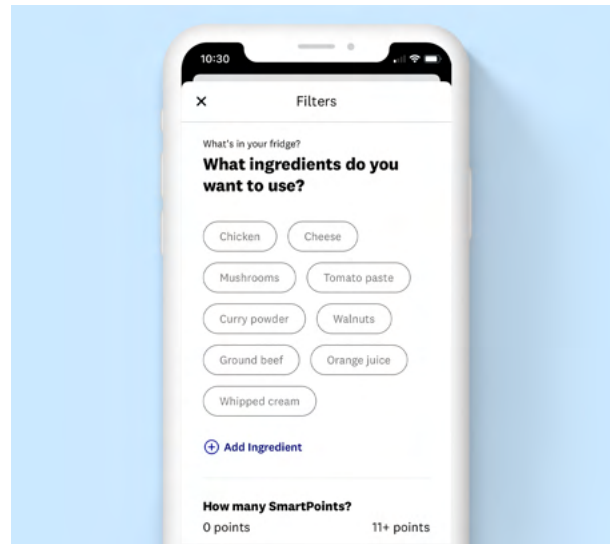
- Tap your **check in** cards daily. Each card is designed to help you build healthy habits, one small but powerful step at a time.
- Read **expert content** personalized to the goal you set in your Weekly Check-In.
- Do a **5-Minute Coaching** session or **Headspace** meditation to build helpful ways of thinking and stress less.
- Move more each day with do-it-anywhere fitness content from **FitOn** and **Aaptiv**.
- See how many days you've stayed in the **Healthy Eating Zone**—these are the days you've tracked and stayed within your daily SmartPoints Budget.



## "What's in your fridge?" recipe suggester

Now you can find recipe ideas based on what you actually have on hand.

- Tap the Search bar to open "What's in your fridge?"
- Enter the ingredients you want to use, the number of SmartPoints you want to spend, and a note about any foods you want to exclude.
- See what we recommend!



## Meal planner

Plan meals right in the WW app! Pick from your favorite WW recipes or use one of our 5-day menus.

- A new “Your weekly plan” button will appear in the horizontal navigation once you tap into the search bar.
- There is also a new button on all food, recipe, and meal details that enables you to add the item to your plan and then view your plan, if you’d like.
- Additionally, when you search for foods, recipes, and meals as you

normally would, if any items that you've planned are a match against your search, you'll see those in the results.

## Weekly Check-In

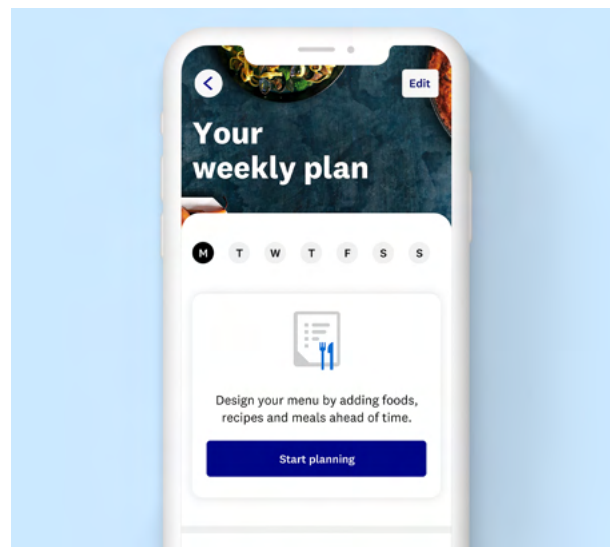
A Weekly Check-in card will appear on your homescreen on your weigh-in day. Tap to launch the experience.

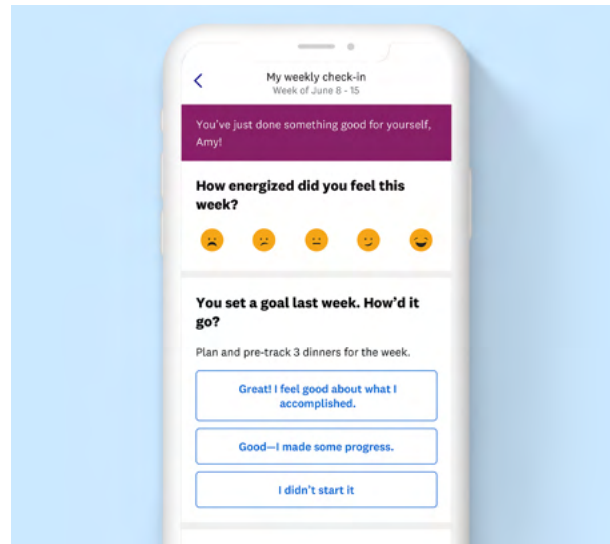
- Track your weight
- Take a moment to reflect on how you felt this week
- See your progress report which includes data from four wellness pillars: food, activity, mindset, and sleep
- If you want, set a goal for the week ahead.

If you want to update your weight or track it on a different day, here's how:

### If you have an iPhone, iPad, or Android:

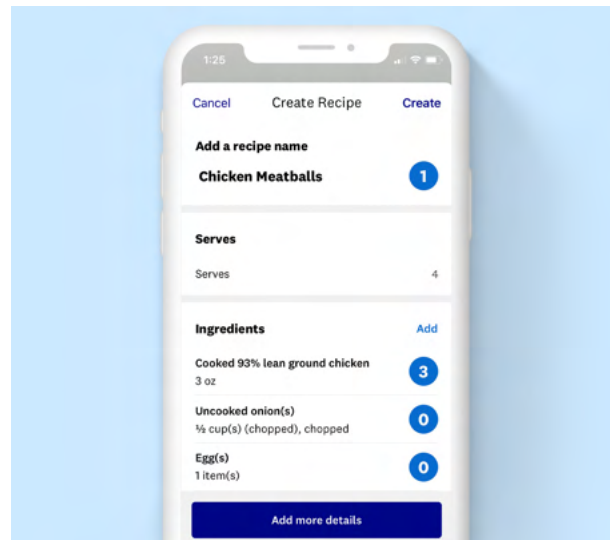
- From the homescreen, tap your Profile icon in top right corner (iPhone or iPad) or in the bottom menu (Android).
- Click Track weight.





## Create and save recipes

- If you find a recipe or meal you like but want to customize it, hit the edit button to make it suit your taste.
- You can also [build your own recipes](#) and meals and save them to your Favorites.

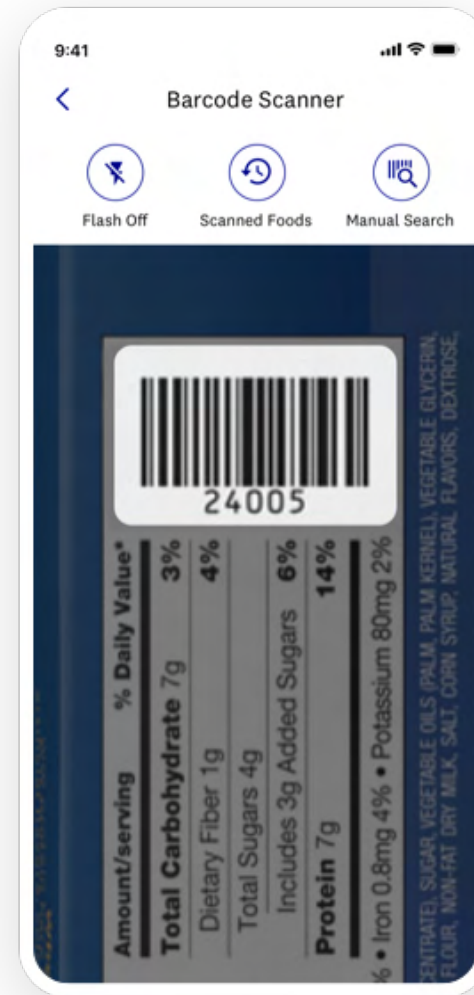


## Barcode scanner

- The [barcode scanner](#) is at the top of your homescreen. Tap it and

scan the barcode of a packaged food to get its SmartPoints value.

- Once you've scanned a food or drink, you can save, favorite, and track it.
- You can also view a list of all items you've scanned for quick reference.



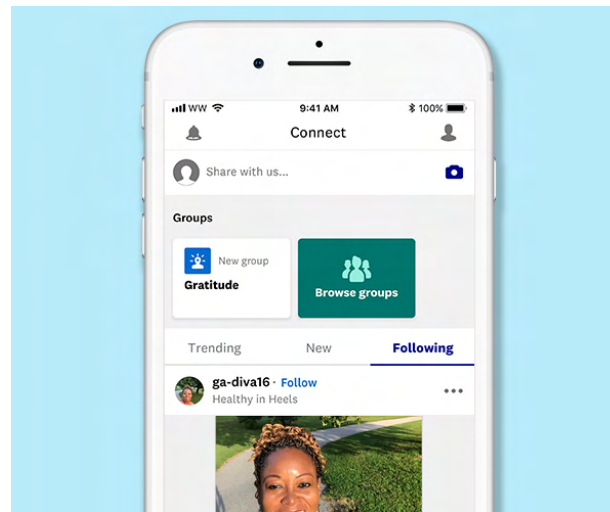
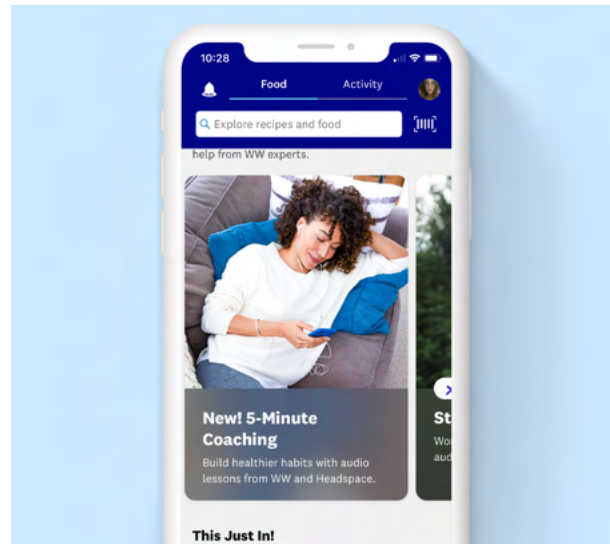
## 5-Minute Coaching

Get bite-size behavior change techniques and mini-meditations any time you need them, along with almost unlimited ways to get moving.

- Scroll down to the "Strengthen your body and mind" carousel.
- Tap a card that interests you.
- Give it a try!

## Connect

- Connect is our members-only social network where people feel safe and comfortable enough to keep it real.
- Be part of a community that shares tips, setbacks, and celebrations, and cares deeply about everything from the best low-SmartPoints bagel to being their best self.
- Share your journey through photos and videos, and find inspiration from other members. Just tap on the Connect icon to introduce yourself!



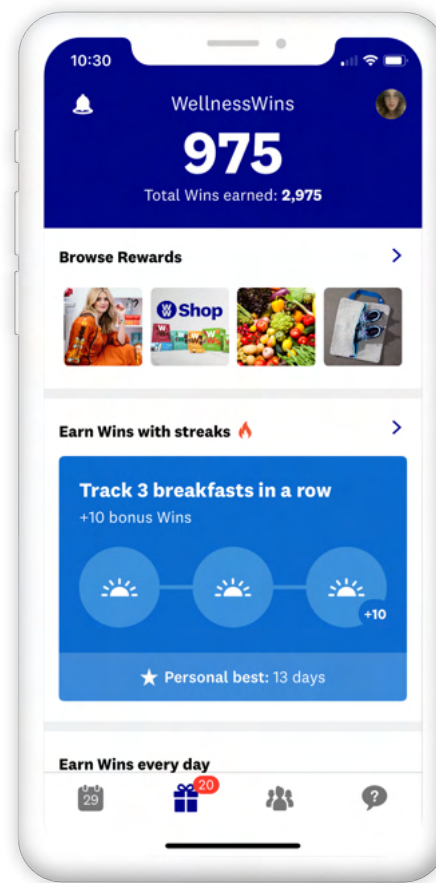


- Find people like you with **Connect Groups**.

## WellnessWins

Did you know that you earn rewards just for building healthy habits? Tap the gift icon at the bottom of your homescreen to:

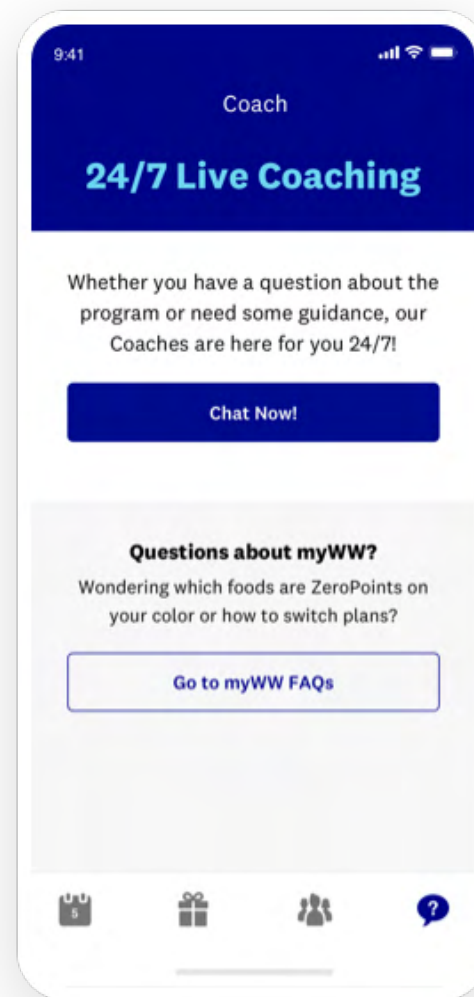
- See how many **Wins** you've earned.
- Browse rewards. Check out any current streaks you've earned from tracking!



# 24/7 Live Coaching

Whether you need advice, motivation, or technical help, our Coaches are here 24 hours a day, seven days a week.

- Tap your profile icon in the upper right-hand corner of your homescreen.
- Above your weight graph, you'll see a blue chat bubble.
- Tap that to chat!



Hurry, offer ends soon!

# Don't pay until 2022. Get your first 4 months free!

With select plan purchase. [Offer terms](#)



## Digital

Eat well, move more, and lose the weight you want with a personalized action plan, progress reports, easy-to-use tracking tools, and 24/7 Coach chat—all in our award-winning app.

**Starting at \$3.38/week**

[Sign up](#)



## Digital 360

Everything you'd get with Digital, plus extra support from expert Coaches and exclusive access to live and on-demand wellness experiences, such as cooking demos, nutrition classes, fun workouts, and inspirational podcasts featuring celebrity guests.

**Starting at \$4.61/week**

[Sign up](#)

Workshops are back!



### Unlimited Workshops + Digital

Get in-person and virtual weight-loss support from your Coach and group—whenever you need it. We're reopening with more locations and times, including unlimited virtual sessions. Plus Digital.

Starting at \$6.92/week

[Sign up](#)

Price for 77346

[Compare all](#)

Our newsletter

### Keep in touch

I would like to receive the WW newsletter and be informed about offers and events via e-mail. I can revoke my consent at any time through the unsubscribe link in the email or message.