



# Wespath

BENEFITS | INVESTMENTS

a general agency of The United Methodist Church



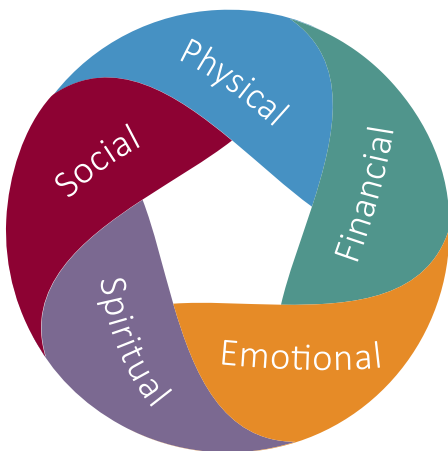
HEALTHFLEX

## WeightWatchers® and The Five Dimensions of Well-Being

Wespath supports WeightWatchers for HealthFlex participants, and pays half the membership fees whether online, at work or at local meetings!

Many HealthFlex participants have found success with the WeightWatchers program—through losing weight and by establishing a lifelong healthy relationship with food.

The new WeightWatchers program is called “**Beyond the Scale.**” The program rewards points for efforts made toward eating well, physical activity AND fueling inner strength! This fits with what we want for our participants—overall well-being in each of the five dimensions.

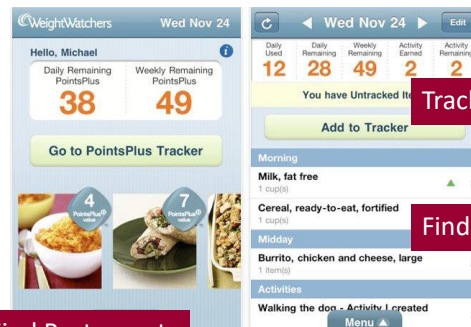


**Eat Better**—The SmartPoints program steers you away from meals with sugar and saturated fats and steers you toward more proteins.

**Get Fit**—FitPoints are awarded for achieving personalized fitness goals, motivating you to be active in ways that work for you.

**Fuel Inner Strength**—Inner strength supports the idea that joyful people make healthier choices.

Use WeightWatchers’ digital and mobile tools to:



Track Weight

Find Meal Ideas

Find Restaurants

Discover Recipes

Learn more and enroll by logging in to your HealthFlex WebMD account, and clicking on “**WeightWatchers**” under the **HealthFlex Vendor Link** column.