



# Wespath

BENEFITS | INVESTMENTS

a general agency of The United Methodist Church

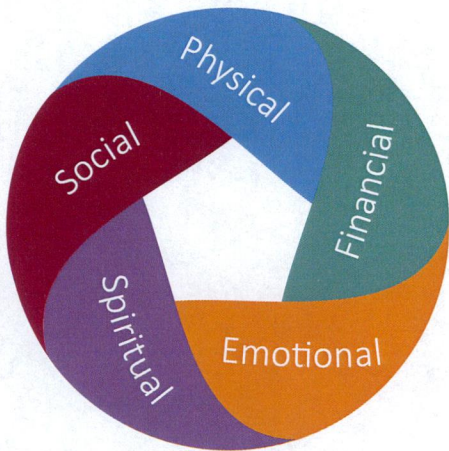


## HEALTHFLEX WeightWatchers® and The Five Dimensions of Well-Being

**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:

Find Restaurants

Discover Recipes

Track Weight

Find Meal Ideas

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