



A happier, healthier life starts here.

Norfolk Southern is committed to helping you and your family reach your wellness goals—to lose weight, eat healthier, move more, develop a more positive mindset, or all the above by **covering over 50% of the cost** for the **WW (Weight Watchers® Reimagined)** offerings listed below. Join WW, and you'll get access to lots of exciting features, including exclusive mindset content through Headspace®, and incredible products and experiences through our rewards program, **WellnessWins™**.

WW welcomes everyone who seeks to be healthier, not just those who seek to manage their weight.

Choose the membership plan that's right for you. Plans include the following features:	Digital	Digital + Workshops	WW for Diabetes
Easy-to-use app and website Track your food, activity, and weight any time with our digital tools.	✓	✓	✓
Endless food options With our database of 5,000+ delicious recipes, you'll eat what you love and lose weight.	✓	✓	✓
Total support in real time Get help and answers from a WW Coach 24 hours a day, seven days a week in 24/7 Expert Chat.	✓	✓	✓
Connect with our online community , day or night, for inspiration and motivation.	✓	✓	✓
Inspiration and connection Share your journey with a group of fellow members through weekly in-person Wellness Workshops (where available).		✓	✓
Food plan Tailored to individual needs			✓
Weekly emails Information on diabetes and weight-loss management			✓
Confidential and unlimited access to a Certified Diabetes Educator (CDE).			✓
Monthly Value	\$16.96	\$38.22	\$56.06
Norfolk Southern contribution	50%	50%	66%
Your price per month	\$8.48	\$19.11	\$19.11

Plans automatically renew monthly. See below for details

All Norfolk Southern employees and their spouses are eligible for the WW discounted rates and subsidy.

1. Visit ww.com/us/Norfolk
2. Enter the **Norfolk Southern Employer ID: 14558302**
3. Remember to have your **Employer ID** ready. Spouses- Add an S to the end of the **Employer ID**.

Need Help? email wellnesshelp@ww.com

Questions? Call **866-204-2885** (Monday-Saturday 8:00 a.m.-2:00 a.m. EST; Sunday 8:00 a.m.-5:00 p.m. EST.)

Digital subscription: Pay \$8.48 today for your first month. Plan automatically renews monthly thereafter at \$8.48 until you cancel.
Digital + Workshops subscription: Pay \$19.11 today for your first month. Plan automatically renews monthly thereafter at \$19.11 until you cancel. Sold in participating areas only; may not be accepted for local workshops and/or Workshops in the workplace in all areas. Minimum enrollment and participation required to start and maintain Workshops in the workplace.

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