



Weight Loss that Works.  
Wellness that Works.



From left:  
WW members  
Joe K., Shannon M.,  
and Beatriz F.

## GET MORE WELLNESS BENEFITS FOR LESS

Norfolk Southern is committed to your wellness. Employees and spouses get an exclusive discount of 50% off the retail price and join now for as low as \$8.48 per month. You'll unlock all of this, plus so much more...

### Customized plan

WW's new PersonalPoints™ Program was created with nutrition and behavior change experts to be your most individualized path to weight loss. It's built to fit your body, your goals, and the foods you love!

### Award-winning app

The tools you need to succeed—are at your fingertips. The WW app has food and sleep trackers, workouts, meditations, and 10,500-plus recipes.

### Face-to-face accountability

Get stay-on-track guidance from expert WW Coaches and support from fellow members through Virtual and in-person Workshops.\*\*

### Tailored diabetes support

With WW for Diabetes, you'll get unlimited access to a Certified Diabetes Educator via email and phone to help you build healthy coping skills, problem solve, and reduce risks.\*\*

Start saving  
on your  
health today!

Sign up at [WW.com/us/Norfolk](https://www.ww.com/us/Norfolk) If you don't have a NS email, sign up with your personal email!

Already a WW member? Sync your current account to get Norfolk Southern pricing or call WW Customer Service at 866-204-2885.

\*\*As low as" price reflects WW Digital plan for your organization's employees. Monthly payment required in advance. You'll be automatically charged each month in accordance with company pricing until you cancel, your employment with your organization terminates, or the agreement between your employer and WW terminates.

\*\*Unlimited Workshops + Digital membership only

\*\*WW for Diabetes only

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