



Community Weight Management Service

Welcome to WW in partnership with NHS Greater Glasgow and Clyde. In the email you have received from us you will find all you need to get started on your weight loss journey with WW. Here, you'll find some additional information which can help you make the most of your membership, or answer any questions you may have.

Virtual Workshops

In our email you'll find the link to access our virtual workshops, delivered by local coaches for NHSGGC members only. **As part of your membership through NHSGGC we ask that you attend at least one of these workshops per week.**

However, in addition, you are also welcome to join other WW workshops throughout your membership. You can find all WW's workshops and search for coaches based on their passions, lifestyle or location at the link below.

<https://www.ww.com/uk/find-a-workshop/browse-coaches>



Using Zoom

You can use Zoom on your computer, smartphone or tablet. **You do not need to create an account to attend the virtual workshops.**

- Please respect your fellow members' privacy. Do not record, take screenshots, or post anything that occurs in the Virtual Workshop. Inappropriate behaviour could result in the termination of your membership.
- Virtual Workshops will not be recorded or available to view at a later date.
- If you choose to share personal information with the group on Zoom, please be aware that we cannot control how other users in that group use your information.
- We encourage you to review the privacy policies of Zoom.

The WW Smartphone App

In addition to our virtual workshops, your membership provides you with access to our 4.8* rated smartphone app which has a wealth of digital tools to support you, free of charge, including:

- 24/7 coach support
- Closed connect groups
- 2,000+ recipes
- Video tutorials
- Food, fitness, mindfulness and sleep content, plus lots more.

If you need help downloading or using the app, you'll find instructions and our help desk contact below.

Download the WW app through your **smartphone or tablet** on Apple's IOS [here](#), or Android's Play Store [here](#). Once you've downloaded the app, follow the instructions to set up an account using your digital code or log in if you've already done this online.

If you have any issues setting up the app you can contact WW at help.uk@ww.com



Submitting Your Weight

A requirement of your weight management programme is that you submit your weight weekly. Your coaches will support you to confidentially submit a weight at your virtual workshop, however you can also weigh in using the WW app (tap your profile at the top right corner, then track weight). You can earn 25 WellnessWins™ for tracking your weight in the app once a week which can be redeemed for some great rewards.



We hope you're looking forward to getting started with WW. Remember if you have any questions about WW or the app you can get in touch at help.uk@ww.com If you're struggling to get signed up, feel free to call us on 0141 211 3379