



## Get Connected and Share Your Story!

Once you've joined Weight Watchers, you'll have access to Connect, our super social, super friendly, members-only social experience and the place to get a daily dose of "You got this!" Share your journey through photo and video and find inspiration from other members. Just tap on the Connect icon on your Weight Watchers app to join the fun!



**And now there's a way to connect with the community of WorkWellNYC Weight Watchers members just like you! It's as easy as 1-2-3-4-5:**

1. Tap the person on the top right of the Connect screen to adjust your Profile
2. Tap the pencil icon under your User Name to change your tagline to **WWWorkWellNYC**
3. Tap the settings icon at the top right, and in Connect Settings select Public Profile (this will make your posts visible only to other Weight Watchers members on Connect)
4. You can also include **#WWWorkWellNYC** within your posts.
5. Back on the main Connect screen, search for **WWWorkWellNYC**, and then "follow" everyone that comes up (this will customize your feed).

If you don't want to use Connect but are already using other social media—no problem, you can still join the community! Just use **#WWWorkWellNYC** wherever you post (on Twitter, Instagram, etc.) and look for others who do the same!