



#### ABOUT THE AUTHOR

Karen Miller-Kovach, MBA, MS, RD, is the Chief Scientific Officer at Weight Watchers International, where she ensures that its offerings represent the latest findings in the fields of obesity and weight management. She has authored six books, holds the patent for the **POINTS**<sup>®</sup> Weight-Loss System, and has contributed numerous articles to leading nutrition and medical journals. In addition, Ms. Miller-Kovach coordinates all clinical research initiatives sponsored by Weight Watchers International and serves as the corporate spokesperson on scientific matters.

#### ABOUT THE COLLABORATORS

Weight Watchers International, Inc. is the world's leading provider of weight management services, operating globally through a network of Company-owned and franchise operations. Weight Watchers holds over 48,000 weekly meetings where members receive group support and education about healthy eating patterns, behavior modification and physical activity. To learn more about Weight Watchers Corporate Solutions, go to [www.WeightWatchers.com/healthcaresavings](http://www.WeightWatchers.com/healthcaresavings) or call 1-866-WW-4-WORK.

The Institute on the Costs and Health Effects of Obesity was established by the National Business Group on Health in 2003 to address one of the nation's most serious and preventable health threats, and an important driver of health care cost and trend. For more information or to provide input on this Toolkit, please contact [healthyweight@businessgrouphealth.org](mailto:healthyweight@businessgrouphealth.org)

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