

JENNY CRAIG DISCOUNT PROGRAM FOR TEAM MEMBERS FAQ

1. What is the Jenny Craig Discount Offer for Team Members?

Walgreens and U.S. based WBA team members and their family members will receive the special Jenny Craig for Walgreens Team Members offer. The offer is:

- 20% off the cost of food, based on a full planned menu and weekly coaching
- No enrollment fee
- No monthly fee
- Unlimited coaching
- Free shipping if the member signs up for auto-ship
- Not redeemable with any other Jenny Craig offer

2. Who is eligible for the Jenny Craig Discount Offer?

- All team members and family members, across all stores system-wide throughout the 50 US states (not available in Puerto Rico or USVI).
- Family members include spouse, domestic partner and dependents 13 years of age or older.
- Upon enrollment employee or family member must show a form of Walgreens identification to receive the discount. Examples are ID badge, business card, name tag, store #, paystub, Walgreens correspondence, etc.
- If an employee or family member enrolls telephonically, they will be asked for their employee ID# or store # for eligibility verification.

3. What is Max Up?

- Max Up is the one-stop, **most effective** weight loss solution by Jenny Craig! It combines delicious, chef-crafted meals with the groundbreaking science of intermittent fasting, new activity plans, new quality of life assessment, digital tools and 1:1 coaching to accelerate weight loss and promote incredible health benefits!
- Features a complete plan with delicious chef-crafted meals, snacks and desserts and Recharge Bars.
- Includes the revolutionary Recharge Bar - the powerful, satisfying bar designed to increase fat burn and make intermittent fasting easier so you can lose weight faster and feel less hungry.
- **New!** Includes a fun, easy-to-follow activity plan that meets you where you are. Your personal coach will customize your plan based on your lifestyle.
- **New!** Quality of life assessment - you'll take this throughout your program to track your health, happiness, energy and progress.
- Includes personal coaching! Research shows you can lose **3x more weight** with support than dieting on your own.*
*JAMA. 2010 Oct 27;304(16):1803-10
- Get the best digital tools like our **Hey Max! Scale** and **Jenny app** that help you track your transformation wherever you are!

4. Where can I participate in the Jenny Craig program?

- Jenny Craig's comprehensive approach to weight loss is available either in person at Jenny Craig centers or Jenny Craig at Walgreens store locations or by phone (877-536-6970).
- Visit Jenny Craig's location finder at www.jennycraig.com
- The Jenny Craig at Walgreens store location list can be found on storenet at Jenny Craig at Walgreens.

5. How many Jenny Craig locations are there nationwide/global?

In addition to the Jenny Craig at Walgreens stores, Jenny Craig has approximately 500 company-owned and franchised locations in local neighborhoods in the United States and Canada, with approximately 600 centers worldwide.

6. What is the Jenny Craig program?

- Weekly personal coaching, a customized menu plan and meal delivery to help members lose weight and keep it off.
- The Jenny Craig program is designed to provide structure with personal coaching that provides support and education on portion control.
- Jenny Craig's program provides nutritionally-balanced menus, which include nearly 100 delicious entrees, desserts and snacks developed by dietitians, nutritionists, and professional chefs.
- Jenny Craig coaches work with each member individually to identify their strengths, challenges and personal goals in order to create unique weekly meal and activity plans that fit individual needs.
- Coaches also help members implement behavioral strategies to support their success.

7. What differentiates Jenny Craig from other weight loss/nutrition programs?

- Ranked a Best Diet for 12 years straight, Jenny Craig's strong, established brand in weight loss and health, is all about personal, relationship driven support.
- Jenny Craig trusted, one-on-one personal coach and behavior modification methodology combined with dietician created menus featuring a broad portfolio of delicious, chef-crafted Jenny Craig food changes lives one person at a time.

8. Does Jenny Craig work?

- Jenny Craig's unique model of personal one-on-one coaching has proven results.
- A study published in Annals of Internal Medicine, one of the most widely-cited peer-reviewed medical journals in the world, suggests that doctors consider recommending Jenny Craig's weight loss solution to their patients. Jenny Craig was identified as one of the most effective weight loss programs based on evidence that its participants achieved greater weight loss at 12 months, relative to control groups.¹

9. How much does it cost?

- The cost and length of time on the Jenny Craig program varies by individual. Walgreens Team Members and family members can join for free and receive 20% off Jenny Craig food plan as long as they are fully participating in the program which means meeting with their coach and following the Jenny Craig food plan based on their stage on the program.
- The retail cost of Jenny Craig food is about \$26 per day.

10. Who is the Jenny Craig program for?

- Jenny Craig's simple, easy to follow plan, is for anyone ready to lose weight with a plan that works.² Jenny Craig coach is there to take the guesswork out of weight loss and personalize a plan for each member. And no meal prep, just delicious, balanced meals ready to go.
- Adolescents between the age of 13 and 17 years old can follow our Jenny Craig Classic menu, as long as they do not have any health conditions other than seasonal allergies or asthma and have their parent's permission.

11. Can men participate in the Jenny Craig program?

Don't let the name mislead you! With a game plan that tells members exactly what to eat and when, food that's ready when they are, and private one-on-one coaching with their Jenny Craig weight loss coach, Jenny Craig created a weight loss program for both men and women.

12. Does Jenny Craig offer a weight loss program for individuals with Type 2 diabetes?

Yes, Jenny Craig has a weight loss plan specifically designed for individuals with Type 2 Diabetes. With all the benefits of the classic Jenny Craig program members can lose weight to improve glycemic control.

In a one-year trial³ of 225 men and women:

- Participants following the lower carbohydrate menu lost 9% of their weight, as compared to 2.5% for usual care.
- Participants reduced HbA1c to 6.6% as compared to 7.5% for usual care, while showing greater improvements in HDL cholesterol and triglycerides.
- 72% of Jenny Craig participants reduced or eliminated insulin use.

We recommend members consult their physician and pharmacists before starting the meal plan and throughout the program to discuss any modification needed regarding medications, blood glucose goals and physical activity plans.

13. How effective is the Jenny Craig program? Does it work?

Jenny Craig has been helping members lose weight for nearly 40 years. Together, there's been millions of pounds lost! Listen to real members share their weight loss success stories on the Jenny Craig program on the Jenny Craig website. www.jennycraig.com.

What the research says:

A study published in *Annals of Internal Medicine*, one of the most widely-cited peer-reviewed medical journals in the world, suggests that doctors consider recommending Jenny Craig's weight loss solution to their patients. Jenny Craig was identified as one of the most effective weight loss programs based on evidence that its participants achieved greater weight loss at 12 months, relative to control groups.⁴

Another study showed that regularly meeting with a weight loss expert helped people lose 3x more weight than those study participants dieting on their own.⁵

14. Is Jenny Craig science-based?

Yes. The Jenny Craig program is supported by a leading Science Advisory Board comprised of renowned experts in the field of medicine, nutrition, psychology, exercise, physiology and life coaching. This board provides ongoing cutting-edge counsel to update the education and lifestyle strategies Jenny Craig delivers to customers, enhance the effectiveness of the program and maintain Jenny Craig as a true science-based weight loss and health program.

A study published in *Annals of Internal Medicine*, one of the most widely-cited peer-reviewed medical journals in the world, suggests that doctors consider recommending Jenny Craig's weight loss solution to their patients. Jenny Craig was identified as one of the most effective weight loss programs based on evidence that its participants achieved greater weight loss at 12 months, relative to control groups.⁶

Jenny Craig has developed a comprehensive weight loss and health program based on circadian rhythm science called Rapid Results which was awarded the 2017 Nobel Prize in Physiology/Medicine

15. I didn't know Jenny Craig was still around?

Yes! Jenny Craig has been helping members change their lives since 1983. We know how difficult losing weight can be—and how natural it is for all of us to delay starting the journey. But through talking with our members, we also know that, inevitably, there's an epiphany—what we call, "The I'm ready to lose weight NOW" moment. It's a powerful, highly motivating feeling. One that Jenny Craig is uniquely qualified to maximize. In fact, many of our members tell stories of having The Moment while driving in their cars, finding their way to a nearby Jenny Craig center, meeting with a personal coach, picking from delicious food and enjoying the incredibly satisfying feeling of starting the weight loss journey—not in days or weeks, but NOW!

The Jenny Craig Program FAQ's

Please see link for Jenny Craig program FAQ's <https://www.jennycraig.com/faqs>

16. What is the Jenny Craig at Walgreens partnership?

In January 2020, Walgreens partnered with Jenny Craig to open 100 Jenny Craig at Walgreens locations nationwide. Bringing Jenny Craig into Walgreens enables Walgreens to provide customers with personal one-on-one weight loss support and lifestyle management to help improve their overall health and quality of life. This Jenny Craig and Walgreens partnership makes a strong first-time collaboration with a shared mission to provide trusted, proven, and personalized care. The Jenny Craig business will be staffed and managed by Jenny Craig.

Locations: The initial launch included 100 stores. The entire Jenny Craig at Walgreens store location list can be found on [storenet at Jenny Craig at Walgreens](#).

17. What products/services will be available at the Jenny Craig at Walgreens locations?

Jenny Craig's coaches will be on-site to serve new and existing Jenny Craig members. Jenny Craig members will be able to receive private one-on-one support each week and a personalized plan that fits their needs and lifestyle.

In addition, Jenny Craig members will follow the Jenny Craig menu plan designed by dietitians and nutritionists exclusively for our members. Jenny Craig has nearly 100 menu items that cater to taste preferences and different nutritional preferences and needs.

18. Will Walgreens sell Jenny Craig meals/food in its stores?

Jenny Craig food will be available to purchase through Jenny Craig at Walgreens coaches and will conveniently ship to the member's home.

Additional Resources:

- Jenny Craig program FAQ's <https://www.jennycraig.com/faqs>
- Jenny Craig website: <https://www.jennycraig.com>
- Jenny Craig at Walgreens Storenet Resources: [Jenny Craig at Walgreens Storenet Link](#)
- Jenny Craig/Walgreens Team Member URL: <https://www.jennycraig.com/walgreensememployee>

1 Gudzone KA, Doshi RS, Mehta AK, Chaudhry ZW, Jacobs DK, Vakil RM, et al. Efficacy of Commercial Weight-Loss Programs: An Updated Systematic Review. *Ann Intern Med.* 2015;162:501-512. doi:10.7326/M14-2238

2 *JAMA.* 2018;320(11):1163-1171

3 *Diabetes Care* 2014;37:1573-80 DOI 10.2337/dc13-2900

4 Gudzone KA, Doshi RS, Mehta AK, Chaudhry ZW, Jacobs DK, Vakil RM, et al. Efficacy of Commercial Weight-Loss Programs: An Updated Systematic Review. *Ann Intern Med.* 2015;162:501-512. doi:10.7326/M14-2238

5 *JAMA.* 2010 Oct 27;304(16):1803-10

6 Gudzone KA, Doshi RS, Mehta AK, Chaudhry ZW, Jacobs DK, Vakil RM, et al. Efficacy of Commercial Weight-Loss Programs: An Updated Systematic Review. *Ann Intern Med.* 2015;162:501-512. doi:10.7326/M14-2238

Due to existing agreements, and/or applicable legal requirements, team member benefits and discounts may vary, and some of this information may not apply to you. If anything in this communication conflicts with such requirements or documents then they will govern. Walgreens reserves the right to discontinue or make changes to all benefits, programs, discounts and policies at any time.

Jenny Craig at Walgreens services are provided by employees of JC USA, Inc., a Texas company. Such Jenny Craig staff are not associates, employees or agents of Walgreen Co. or any Walgreens subsidiary or affiliated company."