

# PUT WEIGHT WATCHERS® TO WORK FOR YOU!

PEBB offers a weight management benefit to help you achieve your weight-loss goals and improve your overall health. PEBB's Medical Plans cover Weight Watchers for eligible employees only at **NO COST**. Eligible employees are those who enrolled in a PEBB medical plan. There's no better time to get on the path to a healthy lifestyle!



## Select the offering that best suits your specific lifestyle and preference

- 1 Weight Watchers Local Meeting vouchers\***  
Local Meeting vouchers are a prepaid savings plan that offers the flexibility of attending Weight Watchers meetings in your community when and where it suits you best.
- 2 Weight Watchers Online subscription**  
With an Online subscription you can follow Weight Watchers step-by-step online, with interactive tools and resources like a weight tracker, progress charts, restaurant guides and much more. It is available in two versions specifically designed for men or women with tailored content that speaks directly to each audience.
- 3 Weight Watchers At Work meetings†**  
At Work meetings bring the Weight Watchers experience right to your workplace where a trained Leader facilitates weekly meetings, and you can benefit from the proven advantage of group support from co-workers.

**PEBB offers up to four series per calendar year to eligible employees. All eligible employees can enroll for the first series of the year. Proof of participation is required for each of the subsequent 3 series.**

**Although spouses, domestic partners, dependents, and retirees are not eligible for the free offering, they are eligible to take advantage of PEBB's special pricing on the three different Weight Watchers offerings. Please call 1-866-454-2144 for more information.**

\* Available only in participating areas in the U.S. † Minimum enrollment required.

## How to enroll in your first Weight Watchers session of 2010



1. Call your health plan to obtain a Weight Watchers access code.

### **Kaiser Permanente Members:**

In Portland, call **503-286-6816**, **select option 1**.

All other areas, call **866-301-3866** (toll free), **select option 1**.

### **Providence Members:**

In Portland, call **503-574-7500**.

All other areas call **800-878-4445**.

2. Contact Weight Watchers to activate your access code and enroll in the offering of your choice.

**For Weight Watchers Local Meeting vouchers\***: call **1-866-454-2144** and provide your access code. If you live in Lane, Douglas, Coos, Curry, Josephine, Jackson or Klamath County call: **1-800-651-6000**.

**For Weight Watchers Online subscription**: see page 3 ➡ of this brochure.

**At Work meetings**: if you have at least 15 associates interested in an At Work meeting call **1-800-8-AT WORK** and talk to a local At Work manager about setting up a meeting. If you want to join an existing At Work meeting call **1-866-454-2144** to join today and remember to provide the access code. If you live in Lane, Douglas, Coos, Curry, Josephine, Jackson or Klamath County call: **1-800-651-6000** and talk to Bonnie Nibblett.

## How to enroll in your second, third, or fourth Weight Watchers Series of 2010

Eligible employees may rejoin Weight Watchers up to 3 times after they successfully complete their first series of the calendar year, but they must first provide proof of participation in the prior series. If you did not meet the participation requirements in a series you will not be eligible to renew again in 2010 at no cost, but you may rejoin by paying the special national pricing. Here's what you do to rejoin after successfully completing a series:

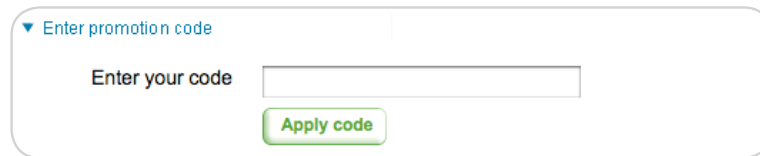
1. **Click here** ➡ to download a Participation Form.
  - A. **For meeting attendees** - fill out the form in its entirety and ask your Weight Watchers Meeting Leader to sign it attesting to your meeting participation. You will need to provide proof of participation in 10 out of 13 weekly meetings. (In the southern Oregon counties, it's 8 out of 10 weekly meetings, if you're attending community meetings.)
  - B. **For the Online subscription** - download your "Weight Tracker" summary showing at least 10 weeks of participation before you cancel. Attach this to the completed Participation Form.
2. Fax the completed form and attach all necessary proof of participation to: **1-888-598-7704**. Be sure the form states the way you want to receive your new access code - email or telephone. This is the way your plan will provide your new access code. You must fax your participation form by Thursday to receive your access code the following week. It may take up to 7 days to receive your access code so do not delay.
3. Activate your new code and enroll as you did for your last session.

## Frequently Asked Questions?

**Click here** ➡ to observe a listing of Weight Watchers FAQs.

## How to sign up for Weight Watchers Online

1. Activate your Weight Watchers access code by calling [1-866-454-2144](tel:1-866-454-2144) to get your online promotion code.
2. Visit the Weight Watchers Online sign-up page by clicking the link below.
3. Go to ▶ [Enter promotion code](#). Enter your special promotion code and click “Apply code” to get the special subscription for PEBB.



▼ Enter promotion code

Enter your code

[Apply code](#)

4. Select the subscription length to purchase (3 month). Note: you will be required to provide a credit card number to activate the online service. Print out your proof of participation and cancel your subscription before the end of your 3 month plan. Your credit card will be charged unless you cancel the charges before the end of your 3 month plan.
5. Follow remaining sign-up instructions to set up your account.



▶ [Click here to get started](#)

To continue the no-cost online subscription you must cancel before the end of your three month plan. You must also provide proof of participation prior to cancelling as instructed. If you do not cancel, your subscription will be automatically renewed at the end of your 3 month plan at the standard monthly rate (currently \$16.95) and your card will be charged until you cancel. You can cancel your subscription on our site, by e-mail, or by U.S. mail; please see [www.weightwatchers.com/cancel](http://www.weightwatchers.com/cancel) for details. Void where prohibited. This offer cannot be transferred, combined with other offers, or redeemed for cash.