

Put Weight Watchers® to work for you!

Your Benefit Board offers Weight Watchers to help you reach your weight-loss goals and improve your overall health.

In 2012, PEBB principal subscribers and their covered spouses or domestic partners can enroll in Weight Watchers at NO COST.



1. Call Weight Watchers

- Please call [1-866-454-2144](tel:1-866-454-2144) for more information. If you live in Lane, Douglas, Coos, Curry, Josephine, Jackson or Klamath County, call [1-800-651-6000](tel:1-800-651-6000).

2. Select the Weight Watchers offering that suits you best

- **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.
- **Weight Watchers Local Meeting vouchers***
Local Meeting vouchers offer the flexibility of attending Weight Watchers meetings in your community when and where it suits you best.

Learn how to enroll in Weight Watchers At Work or Local Meetings: [click here](#).

- **Weight Watchers Online**
You can follow the Weight Watchers plan 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.

Learn how to subscribe to Weight Watchers Online: [click here](#).

3. Participate in up to four no-cost series per year

- Your PEBB benefit covers up to four 13-week series per calendar year. You can enroll in the first series simply by calling Weight Watchers. Proof of participation in at least 10 of the 13 weeks is required to participate in each subsequent series.
- No-cost Weight Watchers benefit is available to principal subscribers in a PEBB medical plan and their covered spouses or domestic partners. Dependents are not eligible for the no-cost offering however they may take advantage of PEBB's special Weight Watchers pricing. Please call [1-866-454-2144](tel:1-866-454-2144) for more information. If you live in Lane, Douglas, Coos, Curry, Josephine, Jackson or Klamath County, call [1-800-651-6000](tel:1-800-651-6000).

Have any questions?

[Click here](#) to access a listing of Weight Watchers FAQs.

[†] Minimum enrollment required.

* Available only in participating areas in the U.S.

Weight Watchers Meetings



To enroll in your first Weight Watchers meeting series:

1. Call Weight Watchers at **1-866-454-2144**.
2. Give them your name and ID number as shown on your medical insurance card.
3. Choose either Local Meeting vouchers or At Work meetings.
4. Weight Watchers will mail you a pass to attend Local Meetings or At Work Meetings if available.

If you live in Lane, Douglas, Coos, Curry, Josephine, Jackson or Klamath County call **1-800-651-6000** to request your initial At Work or Local meeting vouchers.

To enroll in subsequent Weight Watchers meeting series:

1. Show the meeting Receptionist or meeting Leader your weight record, as proof that you have attended at least 10 of 13 meetings.
2. Obtain a special single-use Weight Watchers meeting series renewal certificate with a code valid for one renewal from the Receptionist or Leader.
3. Call **1-866-454-2144**. Give Weight Watchers customer service representative your name and ID number as shown on your medical insurance card, and the code from your renewal certificate. If you live in Lane, Douglas, Coos, Curry, Josephine, Jackson or Klamath County call **1-800-651-6000**. They will mail you a pass for the next series of meetings.

Interested in starting a new At Work meeting series?

If you have at least 15 co-workers interested in starting an At Work meeting call **1-800-8-AT-WORK** to talk to your local At Work manager about setting up a meeting. If you live in Lane, Douglas, Coos, Curry, Josephine, Jackson or Klamath County, call **1-800-651-6000** and talk to Bonnie Niblett.

Weight Watchers Online



To begin your Weight Watchers Online subscription:

1. Call Weight Watchers at [1-866-454-2144](tel:1-866-454-2144) to request your 14-digit Online promotion code. Give them your name and ID number as shown on your medical insurance card.
2. Visit the Weight Watchers Online sign up page by clicking this link.

▶▶ [Click here to get started](#)

3. Go to ▶ [Enter promotion code](#). Enter your promotion code and click “Apply code” to get the special subscription for PEBB.

▼ Enter promotion code

Enter your code

[Apply code](#)

4. Select 3 Month savings plan.
Note: You will be required to provide a credit card number to activate your subscription. Download and save a copy of your Weight Tracker summary (required for renewal) and cancel your subscription before the end of your 3 month plan. Your credit card will be charged unless you cancel before the 3 month plan ends.
5. Follow remaining sign-up instructions to set up your account.

To renew your Weight Watchers Online subscription:

To renew your online subscription at no cost, you must cancel before the end of your 3 month plan. Before cancelling, you need to download a copy of your Weight Tracker summary to show that you have participated Online for at least 10 weeks. You will also need to complete the Participation Form, found [here](#).

- Either fax or email your Weight Tracker and Participation Form to [1-888-598-7704](tel:1-888-598-7704) or PEBBWeightWatchersRenewal@callTSC.com. You will receive a new access code via phone or email within 5-7 business days.
- When you receive your new access code, call [1-866-454-2144](tel:1-866-454-2144). Provide your name and ID number as shown on your medical insurance card, and the access code received. You will then receive a new 14-digit promotion code to renew your Weight Watchers Online subscription.

NOTE: If you do not cancel before the end of your 3 month plan, your subscription will be automatically renewed at the standard monthly rate (currently \$16.95) and your card will be charged until you cancel. You can cancel your subscription on the Weight Watchers website, by e-mail, or by U.S. mail; please see www.weightwatchers.com/cancel for details. Void where prohibited. This offer cannot be transferred, combined with other offers, or redeemed for cash.