

Your Benefit Board offers a weight management benefit to help you achieve your weight-loss goals and improve your overall health. Principal subscribers in PEBB medical plans can participate in Weight Watchers at **NO COST when they complete a confidential online health assessment.** There's no better time to get on the path to a healthy lifestyle!



Put Weight Watchers® to work for you!

1. Complete your online health assessment for the 2011 plan year.

- PEBB Statewide Plan members [click here](#)
- Kaiser Permanente members [click here](#)
- Providence Choice members [click here](#)

2. Select the offering that best suits your specific lifestyle and preference

- **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.
- **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.

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 three series.

Although spouses, domestic partners, and dependents 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 series of 2011



1. Three weeks after completing your online health assessment, call Weight Watchers at [1-866-454-2144](tel:1-866-454-2144).
2. Provide them your name and the ID number on your insurance card.
3. Choose either Local Meeting vouchers, At Work meetings or Online.
4. Weight Watchers will mail you a pass if you choose Local Meetings or At Work meetings or give you a 14-digit promotion code if you choose Online. To complete the Online sign up process, see [page 3](#) of this brochure.

How to enroll in your second, third, or fourth Weight Watchers Series of 2011

For Local Meeting vouchers and At Work meetings:

1. Show the meeting Receptionist or meeting Leader your pocket guide, as proof that you have attended at least 10 of 13 meetings.
2. Obtain a special single-use renewal certificate with a code valid for one renewal from the Receptionist or Leader.
3. Call [1-866-454-2144](tel:1-866-454-2144) and give Weight Watchers customer service your name, the ID number from your insurance card, and the code from your renewal certificate. They will mail you a pass for the next series of meetings.

If you live in Southern Oregon

If you live in Lane, Douglas, Coos, Curry, Josephine, Jackson or Klamath County call [1-800-651-6000](tel:1-800-651-6000) for initial meeting vouchers and to renew.

Interested in starting a new At Work meeting?

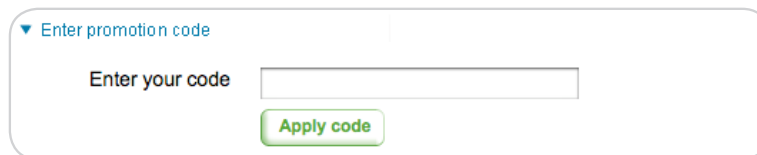
If you have at least 15 employees interested in an At Work meeting call [1-800-8-AT-WORK](tel:1-800-8-AT-WORK) to talk to your local At Work manager about setting up a meeting. If you live in Lane, Douglas, Coos, Curry, Josephine, Jackson or Klamath County, call [1-800-651-6000](tel:1-800-651-6000) and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

Frequently Asked Questions?

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

How to sign up for Weight Watchers Online

1. Three weeks after completing your online health assessment, call Weight Watchers [1-866-454-2144](tel:1-866-454-2144) to request your 14-digit 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 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. 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 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 renew your Weight Watchers Online subscription:

Download a copy of your Weight Tracker summary to show that you have participated Online for at least 10 weeks before cancelling. Download and complete the Participation Form, found [here](#). Either fax or email your Weight Tracker and Participation Form to 1-888-598-7704 or PEBBWeightWatchersRenewal@callTSC.com. They will send you 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) and give Weight Watchers customer service your name, the ID number from your insurance card, and the access code. They will give you a 14-digit promotion code to renew your Online participation.

To renew the no-cost online subscription you must cancel before the end of your 3 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 for details. Void where prohibited. This offer cannot be transferred, combined with other offers, or redeemed for cash.