

# 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.

PEBB principal subscribers and their covered spouses, domestic partners, and dependents age 10 and older 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 PEBB subscribers, covered spouses or domestic partners, and covered dependents age 10 and older. 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).

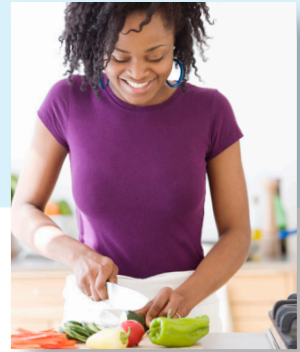
**Have any questions?** [Click here](#) to access a listing of Weight Watchers FAQs.

**weightwatchers**

# Weight Watchers Meetings

## To enroll in your first Weight Watchers meeting series:

1. Call Weight Watchers at [1-866-454-2144](tel: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](tel: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](tel: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](tel:1-800-651-6000). They will mail you a pass for the next series of meetings.

**PEBB members who sign up to attend Local or At-Work meetings receive access to Weight Watchers eTools at no cost. Weight Watchers e-Tools is the Internet weight-loss companion to help you stay on track between 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](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).

\*Dependents age 10-16 may participate in Local Meetings only with written medical permission. To enroll the dependent must present a doctor's note to the Local Meeting leader. The note should contain the dependent's name, a weight loss goal, and be written on the medical provider's letterhead or a prescription sheet. The leader will provide the dependent with a code required to call Weight Watchers at 1-866-454-2144 and complete enrollment. Dependents participating in Lane, Douglas, Coos, Curry, Josephine, Jackson, or Klamath County can complete their enrollment at the Local Meeting site after presenting their doctor's note. Dependents age 17 may participate in Local Meetings only and do not need a doctor's note to enroll. Dependents age 18 and older have the choice of participating in Local Meetings or online and do not need a doctor's note to enroll. Individuals under the age of 18 are not permitted to subscribe to Weight Watchers Online or e-tools.

\*\*Minimum enrollment required.

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

# Weight Watchers Online

To begin your Weight Watchers Online subscription:

1. Before beginning your registration, call Weight Watchers at **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. Once you have your Online promotion code, 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:** Remember to download and save a copy of your Weight Tracker summary (required for renewal) before the end of your 3 month plan.

- If you have payment information on file with Weight Watchers Online, you must also cancel your subscription before the end of your 3 month plan or you will be charged.
- You are not required to enter credit card information to activate your account. Your subscription will be cancelled automatically following the end of your 3 month plan.
- If you currently have credit card information on file with Weight Watchers Online and you wish to delete this information, you will need to cancel your existing subscription and create a new Weight Watchers Online account. Your history will not be available within your new account.

5. Follow remaining sign-up instructions to set up your account.

## New Easier Process for Weight Watchers Online Renewal:

Renewing your Weight Watchers Online subscription is easy using the new web-based renewal portal. No paper forms required.

To renew your Weight Watchers Online Subscription:

- Step 1: Download and save an image file of your Weight Watchers weight tracker showing at least 10 weeks of participation in the Online program. To find your weight tracker, log into your account at [www.weightwatchers.com](http://www.weightwatchers.com). Then visit **My Plan => Weight Tracker**. Save an image of the “**Chart View**” (not the “**Table View**”) by selecting the “**Chart View**” tab on the Weight Tracker page.
- Step 2: Visit [www.pebbwwonlinerenewal.com](http://www.pebbwwonlinerenewal.com) and complete the online application. You will be required to submit the “**Chart View**” image file of your Weight Watchers weight tracker showing at least 10 weeks of participation to complete the application.
- Step 3: You will receive a new access code to renew your Weight Watchers membership within 5-7 business days.
- Step 4: When you receive your new access code, call **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.

**Remember:** If you have payment information on file with Weight Watchers Online, you must also cancel your subscription before the end of your 3 month plan or you will be charged. If you enrolled in Weight Watchers Online without including credit card information in your account, then your account will be automatically cancelled following your 3 month membership. If payment information goes unused on your account for more than 12 months, that information will be automatically deleted from your account.