



## **Weight Watchers FAQs for PEBB Members**

### **What is Weight Watchers?**

Weight Watchers offers weight-loss services and products founded on a scientifically based approach to weight management. Based on the philosophy that successful weight loss is achieved through the attainment of a series of realistic goals, Weight Watchers offers multi-dimensional ways to learn how to achieve and then maintain a healthy body weight for the long term. Weight Watchers incorporates healthful eating, physical activity, behavior modification, and for those who attend our meetings, a supportive atmosphere. Weight Watchers affirms that to lose weight safely and sensibly, a person must learn to eat more healthfully, increase physical activity, and handle the challenges encountered in the process of changing behavior.

### **How long has Weight Watchers been around?**

Weight Watchers International was founded in 1963. It is currently a public company and is listed on the NYSE as “WTW.”

### **How many people, worldwide, are members of Weight Watchers?**

Since its inception over 40 years ago, Weight Watchers has helped millions of members achieve sustainable weight loss. Currently, in any given week, members attend one of over 48,000 Weight Watchers meetings in 30 countries worldwide.

### **What are the Weight Watchers offerings?**

Employees will have access to the following:

- Local Meeting vouchers are a pre-paid savings plan to attend meetings in the local community. You benefit from the proven advantage of group support from your fellow members.
- The Online subscription offers interactive resources to follow our weight-loss plan step-by-step online, for those of you who cannot or choose not to attend Weight Watchers meetings.
- At Work meetings bring the Weight Watchers experience right to your workplace where a trained Leader leads weekly meetings, and you benefit from the proven advantage of group support from fellow members and coworkers. Members can join through Week 3.

### **What are the requirements for becoming a Weight Watchers meeting member?**

To become a Weight Watchers meetings member, you must:

1. Weigh at least 5 pounds more than the minimum healthy weight for your height, according to the Weight Watchers healthy weight ranges.
2. Be at least 17 years old. (For those between the ages of 10 and 17, written medical permission is required. Children under the age of 10 are not permitted to join.)
3. Not be pregnant.
4. Not have an active medical diagnosis of bulimia nervosa or anorexia nervosa.

### **Can I attend Weight Watchers meetings if I have diabetes or other medical conditions?**

Medical monitoring is especially important for people with a known medical condition. Yes, you can attend Weight Watchers meetings, but we strongly urge you to consult with your physician or healthcare provider. Just be sure to show the member materials to your primary healthcare provider to make sure the necessary and appropriate adjustments are made to meal patterns, food choices, portioning, activity, and anything else required. It is your responsibility to adhere to modifications made by your healthcare professional.

### **Do I have to talk in the Weight Watchers meetings?**

No. You can participate in the group discussion as much or as little as you want. If you don't feel like speaking in a group, you can simply listen. You will still learn from our 40-plus years of experience new ways to manage your weight and feel great about yourself.

### **How much time should I plan on spending at a Weight Watchers meeting?**

Your group meeting, led by a trained Weight Watchers leader, will last approximately 30-45 minutes. However, at the end of your first group meeting, there will be an orientation for new members called the "Getting Started Session." This session will last an additional 30 minutes and orient you to the basics of the Weight Watchers program.

### **What is Lifetime Membership?**

Lifetime Membership is a privilege you receive after completing your weight-loss journey as a Weight Watchers meetings member. You receive a Lifetime Membership recognition award when you:

1. Achieve a weight goal that is within the Weight Watchers healthy weight ranges (or a healthy weight determined by your physician) and are at least 5 pounds less than your initial weight, and
2. Have been on the Weight Watchers maintenance phase for 6 consecutive weeks as a current, paid meetings member and are no more than 2 pounds above your weight goal at the end of that period.

As a Lifetime Member, we encourage you to attend Weight Watchers meetings in your local area and anywhere in the world. There is no charge as long as you weigh in once a month at the first meeting you attend and you're no more than 2 pounds above your weight goal. Don't forget to show your Lifetime Membership book.

**I am a Lifetime Member who has gained weight back. Can I return to Weight Watchers as a Lifetime Member?**

Yes. If you want to return to meetings as a Lifetime Member, show proof of Lifetime Membership by bringing your Lifetime Membership book or Lifetime Member number.

**Can I join while I'm pregnant?**

It is the policy of WW that pregnant women are excluded from active membership for the duration of their pregnancy. They are encouraged to join after the birth of their child.

**How do I find community meetings that are close to my home?**

Go to [www.weightwatchers.com](http://www.weightwatchers.com) , click on the “find a meeting” box and conduct a search by zip code. The site will display the locations, maps, meeting times and meeting costs. Or, you can call 1-800-651-6000.

**What are the business hours of the Weight Watchers Call Center?**

Monday through Thursday 7am to 8pm (Central Time); Friday 7am to 7pm (Central Time); and Saturday 8am to 1pm (Central Time).

**How are the Local Meeting vouchers used?**

Upon receipt of the Local Meeting vouchers, you will select the meeting location of your choice. At the Registration desk, you should let the staff person know that you have already purchased vouchers, and hand in your completed Registration Card. No Registration fee is required.

**Can I share vouchers with a friend?**

No, the vouchers are nontransferable. Only you will be able to use your Local Meeting vouchers.

**Can I get free eTools with the Local Meeting vouchers?**

Unfortunately, they are not available with the vouchers at this time, although they will be soon. The only option is to purchase them through [www.weightwatchers.com](http://www.weightwatchers.com)

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