

## Join Weight Watchers Meetings and Watch Yourself Change\*

Research shows that people lose three times more weight on Weight Watchers than they do on their own.<sup>2</sup>

What you will learn how to do at Weight Watchers meetings:

**Slim Down:** Slow and steady weight loss of no more than an average of two pounds per week (after the first three weeks) is recommended.

**Eat Wisely:** Take a look at your eating habits and see where improvements can be made.

**Increase Physical Activity:** Make physical activity a part of your daily life — an important way to help maintain a healthy weight and lower your risk for health problems.

## What Can I Expect from a Weight Watchers Meeting?

### **Meetings**

- You attend meetings once a week for less than an hour.
- Each week you have a confidential weigh-in to help you track your progress.
- Every week you learn how to make healthy choices and enjoy food and exercise.

### **Coaching and Exchange**

- Enjoy support from your meeting leader, who is trained to respond to each member's needs and is committed to your success.
- You also benefit from the group support, which includes the exchange of tips, recipes and hearing other participants' practical experiences.

\* Heshka S, et al. Weight Loss with Self-help Compared with a Structured Commercial Program: A Randomized Trial. *JAMA*. 2003; 289 (14): 1792-1798.

WEIGHT WATCHERS®

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Visit [MedMutual.com](http://MedMutual.com).

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Here's to a Healthier You

Weight Watchers®

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## Take a Step Toward Good Health!



As part of Medical Mutual's commitment to improving the health of our members, we want to help you get on track to a healthy weight and a healthier lifestyle.

Achieving a healthy weight not only reduces your risk of developing chronic health problems such as heart disease, diabetes and certain types of cancer, it can also help you gain energy, self-confidence and improve your quality of life.

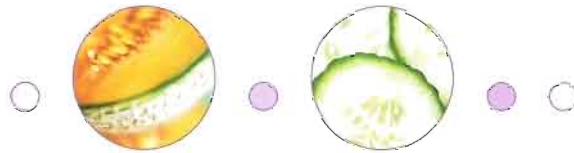
### We Can Help

Medical Mutual has partnered with Weight Watchers, the only commercial weight-loss plan with evidence it works.<sup>1</sup> Weight Watchers has experience helping millions of people lose weight the right way — gradually, and by changing their eating habits.

### A Real Incentive

We are offering you special savings on Weight Watchers meetings to help reach your personal health and weight management goals.

<sup>1</sup> Tsai AG, Wadden TA, Systematic Review: An Evaluation of Major Commercial Weight Loss Programs in the United States. *Ann Intern Med.* 2005; 142 (1):56-66.



#### At Work Meetings\*

- To enroll, you can sign up through your At Work program. Upon enrollment, members will receive the program's reimbursement form from their Weight Watchers leader or site coordinator.
- You will receive **\$35 back** from your enrollment fee when you attend at least nine At Work Meetings of a 10-week series.
- You will receive **\$50 back** from your enrollment fee when you attend at least 11 At Work Meetings of a 12-week series.
- You will receive **\$75 back** when you attend at least 15 At Work Meetings of a 17-week series.
- If you do not have an existing Weight Watchers At Work session, call 866/204-2878 to receive information on how to set up a series of meetings at your workplace.



#### Local Meeting Vouchers\*\*

- To enroll you **must** first call toll-free: 866/204-2878.
- Upon enrollment you will receive a welcome packet that includes meeting vouchers and a reimbursement form. Also, Weight Watchers will provide you with a list of participating meeting sites in your area.
- You will receive **\$50 back** from your enrollment fee when you purchase 13 Local Meeting vouchers and you attend at least 11 meetings.
- You will receive **\$75 back** when you purchase 18 Local Meeting vouchers and you attend at least 15 meetings.

\* Minimum enrollment required

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



#### To Receive Reimbursement

- Upon enrollment, you will receive a reimbursement form, which you must complete in its entirety, and agree to share your Weight Watchers results with Medical Mutual.
- Your Weight Watchers leader must verify your attendance.
- The form must be submitted within 60 days of completing the required number of meetings.
- You must be age 18 or older and an active member of Medical Mutual when the reimbursement form is received at Medical Mutual.
- The maximum reimbursement per calendar year is \$150, regardless of the combination of sessions selected.
- You must submit proof of payment.
- If you are unable to complete any of the meeting series, your reimbursement is forfeited.

To get started toward your goal of being a slimmer, healthier and happier you, call toll-free:

**866/204-2878**

Please Note: The information provided, including the Web sites and any links, is for your knowledge only. It does not take the place of, nor is intended to be, a substitute for professional medical advice, diagnosis or treatment from your doctor. The information does not establish or imply coverage for any particular treatment or service. Any services recommended or provided by your doctor may not be covered under the terms of your benefit plan. Eligibility and coverage are subject to the specific terms and conditions of your benefit plan.

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