

# Weight Watchers®

## Program Questions and Answers



**Medical Mutual teamed up with Weight Watchers to offer our members a reduced rate on monthly memberships in this effective weight management program. If you want to achieve or maintain a healthy weight, we want to help.**

### **What is the Weight Watchers program?**

Weight Watchers is well known for offering a scientifically based program that helps people lose and maintain a healthy weight. With a personalized approach and a points-based nutrition plan, the program encourages participants to eat better, exercise more and positively change their lifestyles.

### **What Weight Watchers programs are available and what are the costs?**

There are three programs available to meet your unique needs. You will be charged the prices listed below each month until you cancel your membership or you are no longer a Medical Mutual member.

- Community Meetings/Monthly Pass (includes online)—less than \$27 per month
- Weight Watchers for Diabetes (includes Community Meetings, online and one-on-one support)—less than \$27 per month
- Online—less than \$12 per month

State taxes may be applicable.

Note: The Weight Watchers program is separate from the At Work Meetings Reimbursement Program or Community Meetings Reimbursement Program (for covered dependents ages 13 to 17).

Weight Watchers is a registered trademark of Weight Watchers International.

## **What can I expect from a Weight Watchers Community Meeting (Monthly Pass) membership?**

- Meetings once a week, lasting less than an hour
- How to make healthy choices while enjoying food and exercise
- Support from your trained meeting leader
- Tips, recipes and stories from other Weight Watchers participants
- Access to Weight Watchers eTools between meetings to track your progress and get extra support

## **What can I expect from a Weight Watchers Online membership?**

You will get all the tools you need to follow the program online, which can be accessed from your home computer or mobile device. The program includes:

- Support 24 hours a day from the coaching team
- Tools to track your food, activity, weight and more
- Recipes and tips to make healthy meals
- Videos to help you get started and reach success
- Options for blogging and using social media
- Access to mobile apps for Weight Watchers on the go
- Websites made specifically for men and women

## **What can I expect from the Weight Watchers for Diabetes membership?**

This program is available to members diagnosed with Type 2 diabetes and includes:

- Community Meetings membership (Monthly Pass)
- Full support of a certified diabetes educator who is also a registered dietitian

## **What is a Certified Diabetes Educator?**

A Certified Diabetes Educator (CDE) is a healthcare professional certified in diabetes education and management. CDEs that work with the Weight Watchers for Diabetes program are also registered dietitians trained specifically on the Weight Watchers proven approach to weight loss and weight management.

## Can I take part in the Medical Mutual Weight Watchers program?

Our program is for members who:

- Have group or individual medical coverage (fully insured or self-funded plans) from Medical Mutual, or have Medical Mutual as secondary coverage
- Are age 18 or older

Note: Covered dependents ages 13 to 17 are not eligible for upfront discounts but can receive reimbursement after completion of a Community Meetings (Monthly Pass) series at standard monthly membership rates. Members must complete and submit a Reimbursement Form to Medical Mutual to be reimbursed up to \$150 per calendar year. For more information, visit [MedMutual.com/member](http://MedMutual.com/member) and click Healthy Living, then Weight Watchers.

Dependents ages 13 to 17 must also provide these to join:

- A note from a doctor or health provider that gives consent to join the program and includes a weight goal or range
- A health release signed by the dependent's parent or guardian

Please call Weight Watchers at (866) 204-2878 to learn more about youth memberships.

## How do I enroll in the Medical Mutual Weight Watchers program?

Contact Medical Mutual by email at [WeightWatchers@MedMutual.com](mailto:WeightWatchers@MedMutual.com) or by phone at (800) 251-2583, any time, seven days a week, and leave a detailed message, including:

- Your first and last name
- Year of birth
- Medical Mutual ID number (found on your ID card)
- Street address, city, state and ZIP code
- Email address
- Phone number

Once your eligibility is confirmed, Medical Mutual will enter your information into the Weight Watchers portal and contact you with instructions for beginning your membership. This could take up to three business days.

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## **Do I have to attend a certain number of meetings to receive the discount?**

No. There is no minimum meeting requirement to be eligible for the discount.

## **How do I find out if monthly meetings are available in my area?**

Weight Watchers has thousands of meeting locations throughout the United States. Visit [WeightWatchers.com](http://WeightWatchers.com) to find meetings near you.

## **How do I cancel my Weight Watchers membership?**

Call Weight Watchers at (866) 204-2878. You can also visit [WeightWatchers.com](http://WeightWatchers.com) and log in to your eTools account. Go to “Settings” and then “Account” to view your cancellation options.