



## AT WORK PROGRAM

Thank you for your interest in Weight Watchers® and our At Work Program! The At Work Program is a service that Weight Watchers provides to businesses, schools, hospitals and organizations throughout the United States. We have two offerings available:

- 12-week session for \$156 per person with a minimum of 15 or more paying participants. Members joining by week 2 (same cost) will also receive 14 weeks of FREE eTools.
- 17-week session for \$186 per person for 20 or more paying participants. Members joining by week 2 will also receive 19 weeks of FREE eTools.

### THE MEETING

1. Meeting length - 45 minutes: 15 minutes for confidential weigh-in  
30 minutes for presentation
2. Meeting purpose -
  - ♦ Motivation
  - ♦ Inspiration
  - ♦ Support from Leader and each other
  - ♦ Clarification of aspects of the program
  - ♦ Explanation of concepts and techniques
  - ♦ Help in developing self-management and exercise habits
  - ♦ Tips for everyday eating habits.

### PAYMENT

1. All monies must be collected at registration. Deposits will not be made until the first meeting.
2. Forms of Payment:
  - ♦ Cash: Payment in full
  - ♦ Visa, MasterCard, Discovery and American Express: Payment in full
  - ♦ Checks: Payment in full (payable to Weight Watchers)
  - ♦ Split Payment Option (available up front only): Three checks submitted up front, all dated for the 1<sup>st</sup> meeting date. The checks will be deposited the 1<sup>st</sup> meeting date then the same day the following two calendar months. The checks are non-refundable but are our way of helping offset costs when a company is not able to offer payroll deduction.
  - ♦ ***Please NOTE - the Monthly Pass purchased at a traditional or community Weight Watchers meeting can not be transferred nor is it accepted at an At Work meeting.***



## **REFUNDS**

### **Fees for the At Work meetings are non-refundable, unless the member:**

1. Leaves the employment of the client company
2. Needs to discontinue due to medical reasons, e.g., becomes pregnant
3. Has prepaid for the entire series, reaches Weight Goal and then becomes a free Lifetime member before the end of the series.
4. Is a Lifetime member who returned to within 2 pounds of her weight goal before the end of the series.

**\*Please note that the member should obtain the refund form from the Leader\***

## **MISSED MEETINGS**

1. At Work members may attend a traditional meeting of their choice if they miss their At Work meeting or if that week's meeting is cancelled for any reason. If they bring their At Work membership book, there will be no charge for attending the traditional meeting.
2. Occasionally Leaders will cancel meetings due to an emergency or because of planned vacation. Again, as in #1 above, the members may attend a traditional meeting. In those cases, the class is extended one week and those members who attended the traditional meeting get 13 weeks for the price of 12.

## **THE LEADER**

All Leaders are Lifetime Members of Weight Watchers. The Leader has lost and maintained their weight by following the Weight Watchers program. The Leader will prepare and present a different weight loss topic each week. His/her main roles are to motivate and facilitate discussion among the members.



## LIFETIME MEMBERS

1. **Definition:** When a Weight Watchers member has reached their weight loss goal and under supervision, has maintained that loss for 6 weeks, they become a Lifetime member. As long as Lifetime members weigh in once a month and remain within 2 pounds of their goal weight, there is no charge for meetings.

## 2. Lifetime Members and the At Work Program:

a. A Lifetime Member at her Weight Goal may weigh in once a month at the At Work meeting at no charge. This member **will not** count towards the minimum number.

b. If a Lifetime Member is more than 2 pounds and less than 7 pounds over her Weight Goal, she would pay a weekly rate each week until her weight returns to within 2 pounds of Weight Goal. This member **will not** count towards the minimum number.

c. If a Lifetime Member is 7 pounds or more over her Weight Goal, she would have to join for the full series and **will** count towards the minimum number of participants. If she returns to within 2 pounds of her Weight Goal during the series, we will refund monies for any unused weeks.

## CLIENT APPRECIATION

When setting up an At Work meeting, there is generally one employee who takes the initiative to work with the Employee Wellness program, find meeting room and storage space at their office and coordinate communication about the Weight Watchers meeting to their fellow co-workers. This person also works directly with the local Weight Watchers Account Manager to get the meeting up and running in their office.

In recognition and appreciation of the efforts and time that these Corporate Contacts devote to ensuring that a meeting is set-up at their office, we are pleased to offer an incentive:

- For a renewing or new At Work meeting series with **15-24 enrolled participants**, you'll get **25% off** the cost of your own fee for attending that At Work series.
- For a renewing or new At Work meeting series with **25-29 enrolled participants**, you'll get **50% off** the cost of your own fee for attending that At Work series.
- For a renewing or new At Work meeting series with **30 enrolled participants**, you'll get **100% off (free membership)** the cost of your own fee for attending that At Work series



For more information feel free to contact:

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