

## **Weight Watchers Frequently Asked Questions**

**Q. Who is eligible to participate in Weight Watchers® offerings?**

A. Special pricing is available to all state employees, spouses and adult dependents for *Weight Watchers* services.

**Q. Who can be reimbursed?**

B. Employees currently eligible for the state health benefits program may be reimbursed for half of the cost of *Weight Watchers* service fees. This offer is not available to spouses and adult dependents and is valid for employee service fees only.

**Q. What is the process for reimbursement?**

A. Provided you are eligible (see previous answer), the Commonwealth will reimburse you based on meeting program criteria in any of the four *Weight Watchers* services. The amount of reimbursement is 50% of the service fees you paid. See a description of services, reimbursement requirements information and form on the *Weight Watchers* Web site at [www.weightwatchers.com/cs/dhrm/index.aspx](http://www.weightwatchers.com/cs/dhrm/index.aspx). Send a completed form to the mailing address provided on the form. The reimbursement process takes up to 30 days.

**Q. Does *Weight Watchers* participation qualify for reimbursement under my state Medical Flexible Reimbursement Account (MFRA)?**

A. *Weight Watchers* may be a reimbursable expense for people who have been advised by their doctor that they are overweight or obese and need to lose weight provided certain conditions are met. You need a doctor's letter that 1) states your diagnosis of being over weight or obesity, or an obesity-related disease such as high blood pressure, that would be improved with weight loss and 2) states the doctor's recommendation that you lose weight. You also need a record of your expenses, such as paid invoices or receipts.

**If you are reimbursed for 50 percent of the cost of *Weight Watchers* services, you may not be reimbursed for more than 50% under your MFRA, if you qualify.** To be reimbursed through your MFRA, you must submit both a doctor's letter and proof of payments for treatment. See the [MFRA reimbursement form](#) available later on the DHRM Web site. For your tax return, you do not submit these items; however, you need to have it in your personal file in case you are audited by the IRS.

**Q. Can I use my *E-Z Reimburse Mastercard* to pay for my *Weight Watchers* program?**

A. No, you may not use the *E-Z Reimburse* card to pay for *Weight Watchers* service fees.

**Q. I participated in a *Weight Watchers* program during 2007. Can I be reimbursed for half of the cost?**

A. No. Only participation in *Weight Watchers* on or after January 1, 2008 is eligible for 50 percent reimbursement.