

I'm too busy. I just don't have the time. It's too much effort to take on right now.

No matter what your reason, you can find success with Weight Watchers!

You've wanted to focus on your weight-loss efforts, but there always seems to be some reason why you just can't right now.

Weight Watchers knows how important convenience is to the weight-loss process. That is why they provide you with support, motivation, and resources to help you lose weight in a format that best meets your specific lifestyle needs.

This program includes:

LOCAL MEETING VOUCHERS*

A prepaid savings plan to attend Weight Watchers meetings in local communities. Now bundled with a free Weight Watchers Walking Kit or Exercise DVD at no additional charge, you benefit from the proven advantage of group support from fellow members.

ONLINE SUBSCRIPTION

Our award winning site offers interactive resources to follow our plan step-by-step online.

AT WORK MEETINGS*

A Weight Watchers trained Leader will be facilitating weekly meetings at participating sites. With At Work meetings, you can benefit from the proven advantage of attending Weight Watchers meetings as well as group support from your co-workers.

AT HOME KIT - CORPORATE EDITION

Follow the Weight Watchers plan step-by-step at home and access a toll-free helpline with weekly progress reporting.

50% Reimbursement of all services available January 1, 2008 for employees who participate in or are eligible for the state COVA Care, COVA HDHP and Kaiser Permanente HMO health plans qualify. Dependents 18 years of age or older and spouses qualify for national pricing.

To find out about Weight Watchers options available at your location, purchase Local Meeting vouchers or the At Home Kit please call the dedicated Commonwealth of VA phone number at: 1-866-614-9129 starting January 1, 2008.

Beginning January 1, 2008 you can sign up for the Online subscription by logging onto: www.dhrm.virginia.gov and clicking on the Weight Watchers logo.

To see about getting an At Work meeting set up at your facility contact your local HR Administrator or Common health volunteer.

*Available in participating areas in the United States. Minimum enrollment required.

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