

50% Reimbursement of Weight Watchers services available January 1, 2008!

- ❶ Reimbursement available to all Commonwealth of Virginia employees who participate in or are eligible for the state COVA Care, COVA HDHP, and Kaiser Permanente HMO health plans
- ❷ Dependents 18 years of age and spouses qualify for any national pricing specials
- ❸ 4 options are available:
 - **At Work Meetings**** – meetings take place on Mason's Fairfax campus every Friday
 - **Local Meetings** in your community
 - **Online Subscription** – award winning site with interactive resources and a step-by-step plan
 - **At Home Kit** – follow the Weight Watchers plan at home and access a toll-free helpline for weekly progress reporting
- ❹ For more information:
 - Call **1-866-614-9129** for details about your options and the reimbursement process
 - Visit www.weightwatchers.com/ca/dhrm/index.aspx for a description of services, a description of the reimbursement process, and forms
 - Visit www.dhrm.virginia.gov and click on the Weight Watchers logo
 - Contact **Robyn Madar** in Human Resources & Payroll at 3-4180 with questions or to find a Mason At Work meeting

**At Work meetings are currently only available at Fairfax Campus due to minimum enrollment requirements of 15 people. Arlington, Prince William, and Loudoun participants are welcome to join the Fairfax meetings or take advantage of local meetings, online subscription, or at home kit.